

Unity
VEGETARIAN
Cookbook





Unity Vegetarian Cookbook
was first published in 1955.
This is the first printing.

Decorations by Lucille Ison



This cookbook has been compiled with one purpose in view—to offer a collection of recipes that will be of service to the homemaker in arranging vegetarian menus, excluding the more common dishes with which every housewife is familiar.

This is not designed to be a comprehensive or an exhaustive cookbook. Neither is it meant to be a detailed guide to housewives.

Many of the recipes contained herein are served at Unity Inn, owned and operated by the Unity School of Christianity, Unity Village, Lee's Summit, Missouri. The Inn is one of the largest vegetarian cafeterias in the world and for many years has been recognized for its outstanding vegetarian cookery.

It has long been the custom of most persons to consider meat as the central feature of the meal, and it may seem difficult at first to arrange meatless menus. But these recipes will be helpful in overcoming this difficulty. Many recipes for meat substitutes have been included, and in time it will become easy to plan a well-balanced and completely vegetarian meal that is tasty and satisfying and provides variety, color, and special interest. The recipes are designed to serve six persons unless otherwise stated and are presented with a sincere desire to contribute to the health, happiness, and well-being of our friends everywhere.



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As he unfolds spiritually, man more and more perceives the necessity of fulfilling the divine law in every department of his life. From experience and observation Unity believes that somewhere along the way, as he develops spiritually, man comes to question seriously the rightness of meat as part of his diet.

Man is naturally loath to take life, even though the idea of killing animals for food has so long been sponsored by the race that he feels it is right and proper to do so.

However, the commandment, "Thou shalt not kill," considered in its fullest sense, includes the killing of animals for food. There is a kindred spirit in all living things, a love for life. Any man who considers honestly the oneness of life feels an aversion to eating meat that is a natural reaction of his mind toward anything so foreign to the idea of universal life, love, and freedom.

Many are the arguments that are given for the necessity of eating meat. However, the knowledge of food and diet has advanced much in recent years, and it is becoming more and more apparent that meat is not essential food for the body. Though man in his present state of thinking may believe that his body requires meat, Unity fully believes that it is possible through the upliftment of the mind to refine the body and set it free from the belief in this necessity.

It is now known that all the food elements contained in meat can be found in vegetables. Foods are no longer limited to locality, climate, or season; with modern methods of transportation we may have our choice of the finest fresh fruits and vegetables that nature has to offer. The real necessity, therefore, is not for something to replace meat but rather for

increased knowledge of foods so that a nourishing, well-balanced menu without meat may be followed.

In Genesis (King James Version) we read: "And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat. And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein *there is life*, I have given every green herb for meat: and it was so."

More and more persons in these days of enlightenment are taking up the idea of vegetarianism and putting it into practical use. We at Unity believe that the race as a whole is progressing toward a vegetarian diet, even as it is making great progress in understanding the body and the laws governing it.

Charles Fillmore, a disciple of vegetarianism for many years, said:

"Good reasons for a vegetarian diet are many, and those who have looked into the matter have an abundance of logic and sound arguments to sustain them in advocating the total exclusion of flesh as food. In discussing the question the humanitarian consideration should have first place because it is furthest removed from selfishness.

"If you want to pass from the consciousness of flesh into the consciousness of Spirit, you must withdraw your attention from the things of the flesh. You must recognize that there is but one universal life, one universal substance, one universal intelligence, and that every animal is contending for its life and is entitled to that life. Science teaches us that it is our belief about things that holds us in bondage to them, and the truth of the statement we freely admit. But in the matter of animal slaughter, who countenances it or defends it after his eyes have been opened to the unity of life? Let us remember that the right kind of food will give our minds and our spirits opportunity to express that which is one with ideal life."

Vegetarianism is the theory or practice of living solely upon vegetables, fruits, and nuts. The very strict vegetarian even excludes from his diet animal products such as butter, eggs, and milk. We admit that the idea of vegetarianism is a

large one and, if adopted in its entirety, would require drastic changes in man's mode of living. Recognition of the law of demand and supply will make clear such points as arise in the question, "What shall we do with animals if men quit eating them?" Thousands of persons are engaged in raising animals for slaughter; but if there were no demand for animals as food, people would quit raising them. In all such questions we feel that divine law can be trusted to take care of the results. All we have to do is to learn the law of love and apply it, knowing that only good can come from our obedience.

In regard to animal products—that is, eggs, milk, cheese, and butter—it is being found that the food elements contained in them can be obtained from other sources. Animal by-products, fur coats, shoe leather, and the like, would, of necessity, be replaced through the ingenuity of man if animals were no longer raised.

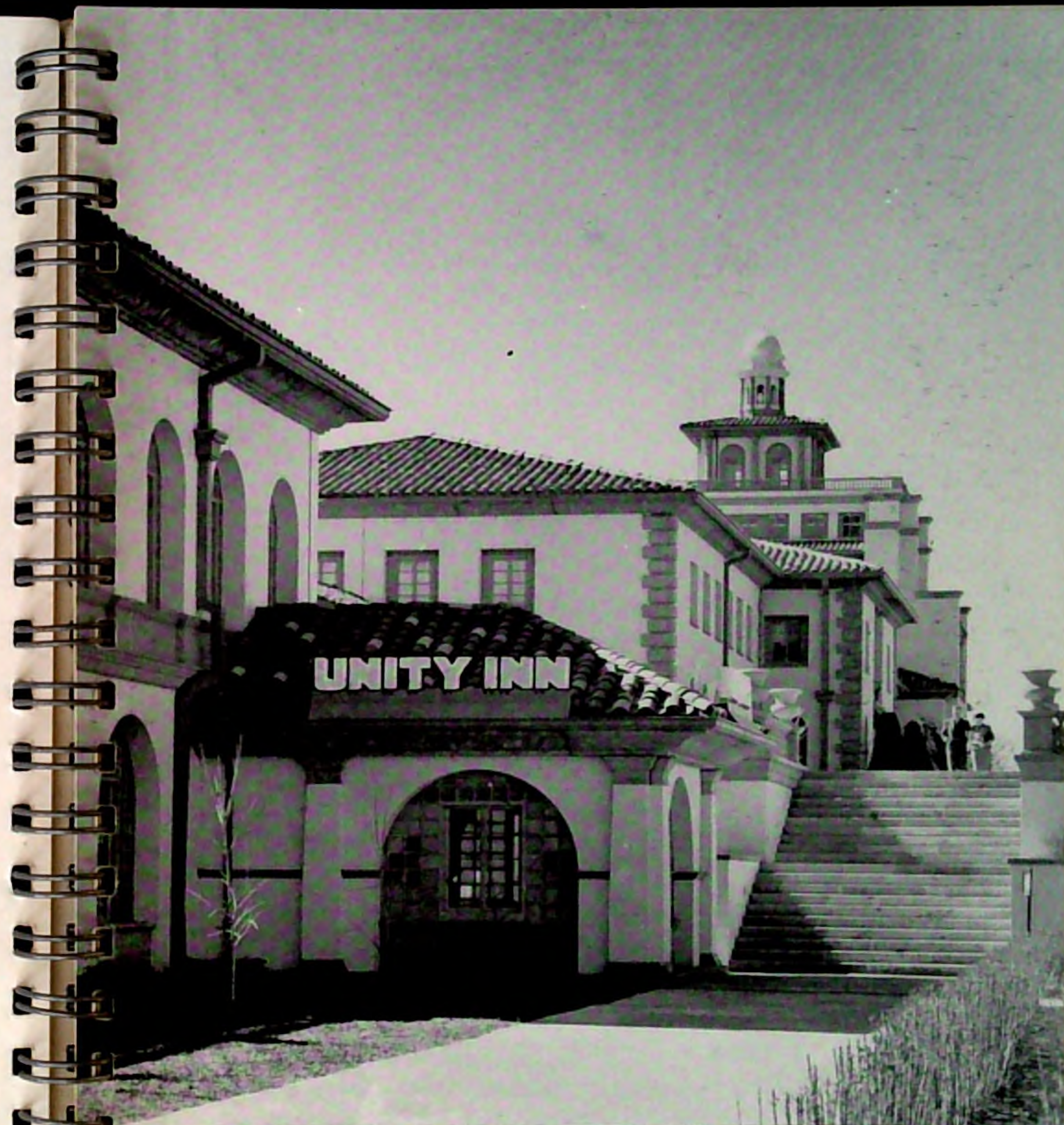
Unity's purpose is not to force the idea of vegetarianism upon those who are not as yet ready to accept it. The voluntary abstinence from a meat diet because of another's recommendation is not sufficient in itself to be of great benefit to any individual. The decision to eat meat or not to eat it rests with the individual and must be made according to his development and understanding. The giving up of anything through force of sheer will power proves neither wise nor helpful; one must have the desire to do it. We are all on our way toward perfection, and we must allow one another freedom to follow the dictates of heart and mind.

Sometimes those who have progressed far on the way toward the goal of perfection along many lines have not yet reached the place where they feel ready to embrace the idea of vegetarianism. Among these are some Truth students, teachers, and leaders. However, it is not wise to take another person as our guide in our spiritual unfoldment, because two persons seldom unfold in the same manner. One person may accept the idea of vegetarianism immediately and find it easy to adhere to, while another may embrace it only after he has learned many other things concerning Truth. Vegetarianism is an ideal, and no one is under condemnation if he does not

comply with this ideal; but he fails to receive the joys and benefits that naturally accrue from so doing.

Much has been written along these lines, and the public libraries contain many books on the subject. Also for those who feel the need of specific instruction there are scientifically trained dietitians who make a specialty of such work.

The race as a whole is growing into a fuller and more complete understanding of spiritual truths. As we as individuals unfold spiritually, all things detrimental to our progress will lose their importance in our lives. Unity believes wholeheartedly that the time will come when the race will have so accepted vegetarianism that it will look back upon meat eating with the same aversion that it now looks upon cannibalism, and all life will be sacred.



Welcome





Menu Planning

In planning vegetarian menus the three main concerns are with the nutritive value of the food served, its digestibility, and its palatability. Variety is the keynote of appetizing meals. There are harmonies of color, flavor, and odor just as there are harmonious combinations of sound. To achieve such harmony in meal planning is indeed an art.

The artistic cook will utilize herbs to give zest to foods, just as she will plan to use in her menus those foods whose flavors complement one another. She will also endeavor to vary the flavor, texture, garnishes, and methods of preparation involved in the single meal.

By combining hot and cold foods, sweet and tart, soft and solid interest is maintained. It must be kept in mind, however, that we obtain the most favorable variety by serving a few carefully chosen foods rather than a great variety at each meal.

As a basis for vegetarian menu planning the following menus may be of help. It is expected that the beverage will be chosen according to family preference.



Cream-of-Spinach Soup*
 Vegetarian Roast* with Yorkshire Pudding*
 Potatoes au Gratin Buttered Broccoli
 Tossed Green Salad
 Apple Dumplings De Luxe*

 Cranberry-Juice Cocktail*
 Mock Turkey* with Water-Chestnut Fritters*
 Mashed Potatoes Unity Inn Brown Gravy*
 Sweet-Potato and Pineapple Soufflé*
 Coleslaw Plymouth Peas*
 Assorted Relishes
 Spice Pudding* with Hard Sauce

 Cheese Nut Loaf*
 Beets in Orange Sauce* Corn Oysters*
 Spinach Salad*
 Strawberry Shortcake

* Recipe given

Cream-of-Corn Soup*
 Egg Croquettes*
 Browned Parsnips Green Beans with Mustard*
 Dutch Apple Pie*

 Cheese Chops*
 Baked Potatoes Buttered Asparagus
 Carrot Salad
 Unity Inn Chocolate-Sundae Pie*

 Mushrooms à la King*
 Flamingo Soufflé* Scalloped Zucchini*
 French Fried Onion Rings*
 Combination Salad
 Unity Inn Pecan Pie*

 Ripe-Olive Croquettes*
 Potato Pancakes* Sliced Tomatoes
 Golden Salad*
 Bread Pudding*

 Twenty-Four-Hour Spaghetti*
 Waldorf Salad Spiced Carrots*
 Sliced Peaches with Wafers

* Recipe given

Mushroom Cutlets*
 Golden Potatoes* Buttered Cabbage
 Cream Cheese in Pepper Rings*
 Rhubarb Sponge Custard*

Stuffed Baked Eggplant*
 Parsley Potatoes Deviled Onions*
 Combination Salad
 Baked Custard

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 Bean Sausages* with Cream Gravy*
 Fried Corn-Meal Mush Buttered Peas and Carrots
 Creamed Slaw*
 Apple Pie

Italian Stuffed Peppers*
 Cauliflower au Gratin Buttered Spinach
 Lettuce, Roquefort Dressing*
 Baked Apple with Cream

* Recipe given

Nut Steaks*
 Baked Cabbage with Cheese* Stuffed Beets*
 French Fried Potatoes
 Combination Salad
 Unity Inn Pineapple Cream-Cheese Pie*

Vegetable Pie*
 Fried Summer Squash Stuffed Eggs
 Cottage Pudding with Lemon Sauce

Vegetable Chop Suey*
 Steamed Rice Broiled Tomatoes*
 Celery Green Onions Olives
 Blackberry Pudding*

* Recipe given



Herbs impart a special flavor, color, or aroma to almost all foods. Their careful use tends to enhance rather than to disguise the flavor of a dish. They give tang to cheese, salads, and spaghetti dishes and add new excitement to many ordinary dishes.

Herbs contain a rich store of vitamins and are an aid to the digestive processes.

By their use one can achieve delightful culinary results. The secret is to use them lightly and to taste. By experimentation the fascinating art of herb cookery can make each meal a delightful taste adventure.

Following is a list of popular garden herbs with a general indication of their uses in cookery.

Anise—The oil of the anise plant is used in certain candies, bread, and pastries.

Balm—The leaves may be used in punches, fruit drinks, iced tea, in dressings, and as an addition to soups, sauces, and desserts.

Basil—The leaves are used in soups, spaghetti sauces, cheese or tomato dishes.

Bay—Use a few bay leaves to season soups, gravies, stews, any tomato dish, dressings, boiled potatoes, green beans, boiled rice. The bay leaves are also used in pickling solutions.

Bouquet Garni—This is a combination of thyme, parsley, and bay leaves as a basis. Various other herbs may be added as desired. Make a *bouquet garni* by tying the desired herbs in a cheesecloth bag. Cook the *bouquet* with the dish it is to season. Remove before serving.

Caraway—The seeds may be used in cheeses and pastries, in fillings for *canapés* or hors d'oeuvres, or as a garnish for these appetizers. They improve the flavor of cabbage, sauerkraut, and French fried potatoes.

Celery—Stalks may be used as a relish, in pickles, soups, or salads. The leaves may be used for seasoning or as a garnish.

Chervil—This herb is used as a substitute for parsley, although its flavor is more delicate than that of parsley. Use as a garnish or to season soups, salads, or sauces.

Chives—The chopped leaves may be used in soups, cottage cheese, stews, omelets, and salads. The flavor is mild and similar to that of onions.

Coriander—The seeds are used in confectionery, sweetmeats, cookies, biscuits, and in mixed green salads.

Cumin—Use cumin seeds in cheese and rice dishes, in sauerkraut, soups, pastries, stuffed eggs, and with *canapés* and hors d'oeuvres.

Curry—A combination of about sixteen spices. Curry powder adds flavor to vegetables, cream soups, casseroles, eggs, and tomato dishes.

Dill—The finely chopped fresh leaves compliment potatoes, cream sauces, cucumbers, and vegetable salads. The seeds make more appetizing cabbage, cauliflower, soups, sauerkraut, turnips, and tomato sauce.* They are also used in pickling.

Fennel—This herb imparts an aromatic flavor to sweet pickles, cookies, apple pie, and other pastries. Its chopped, fresh leaves may be used in sauces.

Horseradish—Renowned as an ingredient in sauces and as a *canapé* spread when combined with cream cheese. It is used also in salads and in pickling.

Hyssop—The leaves and flowers are used in flavoring salads, soups, beverages, and candy.

Marjoram—This herb blends well with cheese dishes, vegetables, egg dishes, and with other herbs for soups, sauces, and dressings. It enlivens the flavor of peas, string beans, green lima beans, squash, and scalloped potatoes. It may be sprinkled over vegetables during the cooking period. It should be used sparingly, as its flavor is strong.

Mint—The leaves are excellent as a garnish for foods and beverages. Mint leaves are used also in making teas, fruit cups, and in candies. Try sprinkling a few finely chopped mint leaves over peas or carrots before serving.

Mustard—The green, young leaves are used for salads and in cooked greens. The seeds are used whole

* Recipe given

in pickling. Powdered mustard adds unsuspected flavor to soups, cream sauces for hard-cooked eggs, cheese dishes, cheese soufflé, and cheese biscuits.*

Parsley—Used both as a seasoning and a garnish. The leaves impart delicate flavor to soups, dressings, sauces, stews, and salad seasonings and are used in fillings for *canapés* and hors d'oeuvres.

Rosemary—Rosemary serves as a base for herb soups. The ground, dry or chopped, fresh leaves add a delicious flavor to soups, vegetables, and stuffings.

Saffron—The stigmas of the saffron plant are dried and ground and used to color and flavor foods. Saffron imparts a yellow color to certain candies and vegetables. It is also used as a seasoning for breads, sauces, and pickles.

Sage—The dried leaves are powdered and used as a seasoning for dressings, with onions, dried beans, stews, sauces, and in tomato or cheese dishes.

Savory—The perfect seasoning for all members of the pea-bean-lentil family. May be substituted for sage in dressings, gravies, salads, soups, scrambled eggs, and vegetable cocktails.

Sesame—The seeds are recommended for baking on rolls, breads, cookies, and cakes.

Tarragon—The foliage is used as a seasoning for vinegar, pickles, salads, dressings, gravies, soups,

* Recipe given

saucers, spinach, and beets. A few fresh, chopped leaves may be added to egg dishes or mushrooms.

Thyme—The leaves are powdered and may be used in seasoning pickle solutions, in dressings, soups, and in most vegetables.

Turmeric—The root powder is used to impart yellow coloring to pastries, cheese, butter, egg dishes, pickles, and condiments.

Water Cress—The leaves have a delightfully peppery taste and add zest to salads. Cress is used also as a garnish, a seasoning agent, and in water-cress soup. Water-cress butter* is an interesting addition to hot-diced beets or boiled, new potatoes.

* Recipe given



We thank Thee, Father, for this food
Which we receive of Thee.
Bless Thou each source from which it came:
The field, the vine, the tree.
And bless each hand that has been used
In bringing to this board
The gifts of home and far-off lands,
This bounty to afford.
We consecrate ourselves today
To do Thine own good will,
Because we know we live in Thee
Thy purpose to fulfill. Amen.

Father, bless this dear one whose birthday we celebrate. Go with him (her), guide him (her), and keep him (her) always in the shelter of Thine infolding love. In the blessed name of Jesus we ask. Amen.

For loving counsel, guidance clear,
For Thy protecting presence near;
For bread to meet our every need,
For Truth our eager souls to feed
We bring our thanks to Thee.
Amen.

Dear Lord, at this joyous Easter season we turn to Thee in thanks for the many blessings Thou hast shown us. Bless this food that it may strengthen and renew our bodies; and bless us with faith and trust that we may grow ever more like Thee. Amen.

Father, as we partake of this food, we praise and thank Thee for Thy supply, which is greater than our needs. We bless the loving hands and hearts that have produced and prepared this food for our use. Let Thy perfect health and abundant prosperity be expressed in them and in us. Guide and protect them and us, and bless us all in the name of Thy Son Jesus Christ. Amen.

Father, on this day of Thanksgiving we come to Thee with our hearts full of gratitude for the abundance Thou hast so lavishly bestowed upon us. We pray that Thou wilt bless this food, that it may make us stronger to do Thy work. And we pray that Thou wilt bless us with understanding, that we may see more clearly Thy will for us. In the name of Jesus we ask. Amen.

Father-God, we offer praise to Thee for the blessing of Thy supreme gift, Thy Son Jesus Christ, in whose birth we rejoice anew each year on this glad day. Through Him we are ever aware of Thy daily gifts of life, love, joy, peace and unfailing supply.

We invoke Thy blessing upon this food, the manifestation of Thine infinite substance, and we see Thy great providing love reaching out to feed, to bless, to heal, and to bring peace to Thy children the world over.

For the assurance of Thine everlasting love and care we give thanks in His blessed name. Amen.

Father, we thank Thee for the blessings with which Thou hast surrounded us, and for the food Thou hast so bountifully provided for us. Help us to be stewards of Thy great abundance and to share with all Thy children everywhere. Bless this food that it may nourish our bodies, and bless us that we may do Thy will in all that we think, say, and do. Amen.

Children's Table Blessings

May we in gladness share
With all who come our way
The good that God bestows on us
In lavish love each day.
Amen.

I know this food
Is life from Thee.
Now bless it, Lord,
To strengthen me.
Amen.

Our Father, giver of all good,
We thank Thee for this wholesome food.
We praise and bless it, for we know
It gives us strength and power to grow.
Amen.

For all the blessings Thou hast poured
So freely on us, we thank Thee, Lord.
Guide us, Father, in Thy way
And bless us this Thanksgiving Day.
Amen.

Bless this dinner, Lord, we pray,
And be with us on Christmas Day.
We thank Thee, God, for Christ Thy Son;
In His name bless us every one.
Amen.

Bless dear _____, Lord, we pray,
And be with him (her) on his (her) birthday;
Guide him (her), guard him (her), grant that he (she)
May every day grow more like Thee.
Amen.

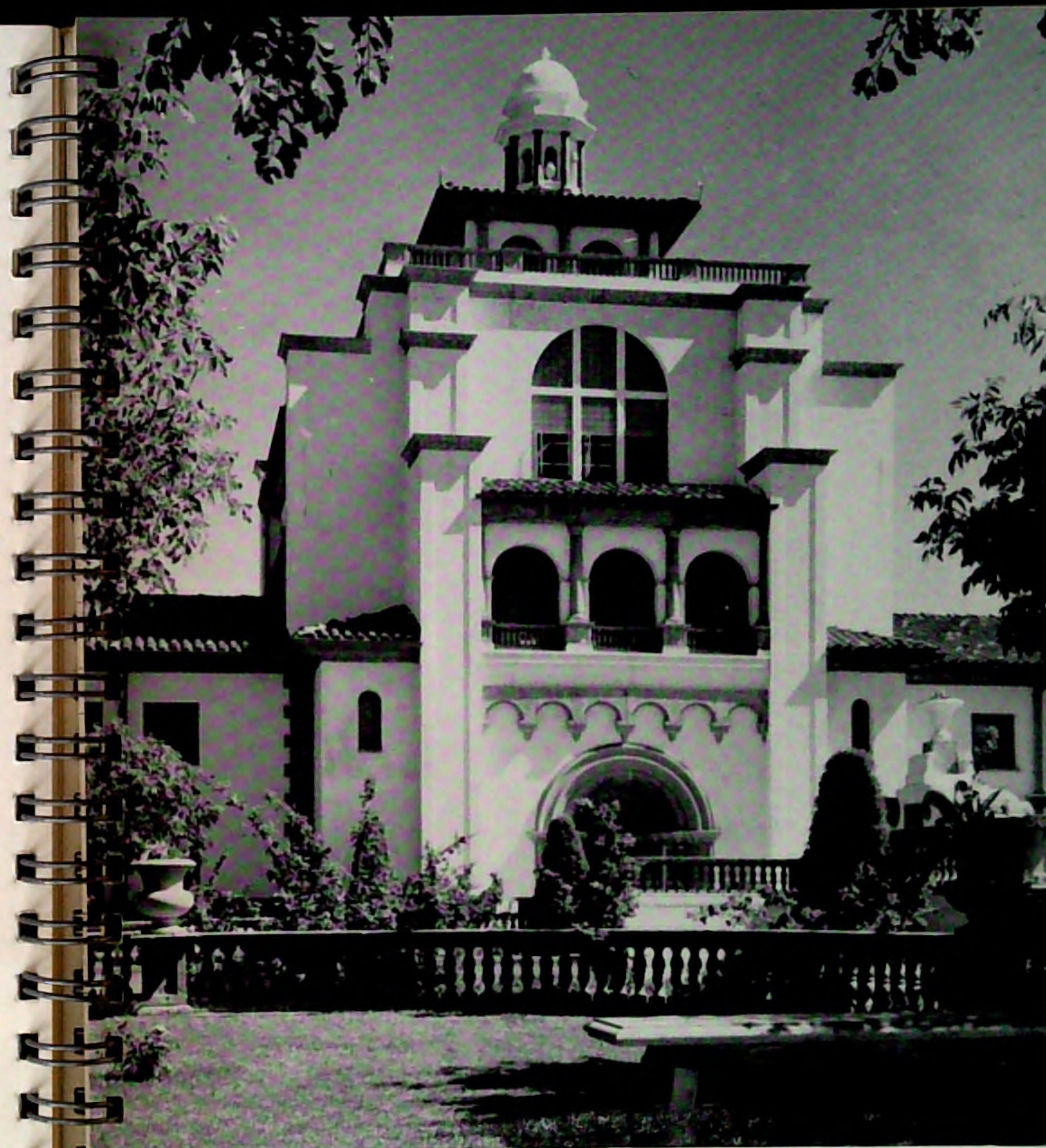
*Recipes serve six unless
otherwise noted.*

Abbreviations used:

lb.	pound	pt.	pint
No.	number	qt.	quart
oz.	ounce	tbs.	tablespoon
	tsp.	teaspoon	

It is our understanding that the prepared proteins mentioned in these recipes under various trade names, such as Proteena, Nurost, Chicketts, Vegemeat Burger, and Vega-jel (a vegetable gelatin) may be obtained at local health-food stores.

Whenever butter is called for, a good butter substitute may be used, if desired. In this book all recipes specifying fats refer to vegetable fats. For frying use the corn oils or the solid fats that do not contain water. When shortening is specified the solid fats should be used.



Administration Building



Cranberry-Juice Cocktail

2 cups raw cranberries	$\frac{1}{2}$ cup sugar
3 cups water	2 tbs. lemon juice

Wash cranberries and cook in water in covered kettle about 5 minutes, or until skins pop open. Strain through cheesecloth. Boil juice and sugar for 2 minutes, stirring until sugar is dissolved. Add lemon juice and chill thoroughly. Serve in small cocktail glasses. (Serves 4.)

Grape-Juice Cocktail

$1\frac{1}{2}$ tbs. water	6 tbs. orange juice
$1\frac{1}{2}$ tbs. sugar	$\frac{1}{2}$ cup carbonated water
$\frac{1}{2}$ cup grape juice	Crushed ice

Combine all ingredients except crushed ice in shaker or jar and shake vigorously. Put crushed ice in glasses and pour mixture over it. (Serves 4.)

Tomato Cream Cocktail

1 cup chilled cream	$\frac{1}{4}$ cup crushed ice
2 cups chilled tomato juice	Pinch of salt
4 grated celery stalks	Dash of cayenne
Drop of Tabasco	

Combine all ingredients in shaker or glass jar, using very small amounts of seasonings. Shake vigorously and pour over additional crushed ice.

Tomato-Juice Cocktail

4 cups fresh or canned tomatoes	1 tbs. chopped onion
	$\frac{1}{2}$ tsp. salt
1 cup chopped celery	1 tsp. Worcestershire sauce
$\frac{1}{2}$ bay leaf	$\frac{1}{2}$ tsp. prepared horseradish
$\frac{1}{4}$ cup chopped green pepper	

Cook together tomatoes, celery, bay leaf, green pepper, and onion. For fresh tomatoes cook about 20 minutes; for canned about 10 minutes. When done press through sieve. Add salt, Worcestershire sauce, and horseradish to tomato mixture. Mix well and chill. Shake vigorously before serving. (Yields 3 cups.)

Eggnog

1 egg, well beaten	1 cup rich milk
2 tsp. honey	$\frac{1}{2}$ tsp. vanilla extract
	Dash of nutmeg

Add honey to beaten egg and beat until thick and lemon colored. Beat in milk and vanilla extract. Serve cold in tall glass with sprinkling of nutmeg. Omit vanilla extract if other flavoring is used. (Serves 1.)

Eggnog Float

5 eggs, separated	4 cups milk
4 tbs. sugar	$1\frac{1}{4}$ cups cream
$\frac{1}{8}$ tsp. salt	1 tbs. vanilla extract

To beaten egg yolks add sugar, salt, milk, and cream. Fold in stiffly beaten egg whites. Add vanilla extract. Pour into refrigerator tray and freeze to mush. Remove and beat until creamy. Pour into chilled glasses. Each glass may be topped with tablespoon of whipped cream and dash of nutmeg.

Fruit Fizz

White 1 egg, stiffly beaten	$\frac{1}{2}$ cup lemon juice
$\frac{3}{4}$ cup sugar	$\frac{1}{8}$ tsp. ginger
1 cup orange juice	$\frac{1}{8}$ tsp. allspice
	1 pt. chilled, carbonated water

Add sugar and spices to stiffly beaten egg white, stirring in small amount at a time. Gradually blend in fruit juices. Add carbonated water last, stirring in gently. Spices may be omitted if desired, and ginger ale may be substituted for carbonated water. Serve at once in large glasses with crushed ice. (Serves 8.)

Grape Cooler

1 cup chilled grape juice	1 large scoop vanilla ice cream
1 tbs. sugar	
	Pinch of salt

Put all ingredients into mixing bowl. Beat until ice cream is half melted. Serve at once. (Serves 1.)

Hot Spiced Grape Juice

3 cups grape juice	Dash of ginger
2 cups water	2 tbs. lemon juice
2 tbs. sugar	1 tsp. cinnamon

Combine grape juice with all ingredients except lemon juice. Heat slowly until sugar is dissolved, stirring occasionally. When hot stir in lemon juice and serve immediately. (Yields 5 cups.)

Grape Shrub

1 cup grape juice	Pinch of salt
$\frac{1}{4}$ cup cold water	$\frac{1}{2}$ pt. sherbet, lime or orange
4 tsp. sugar	
	4 tsp. lemon juice

Combine all ingredients except sherbet. Chill thoroughly. Pour into individual fruit-juice glasses and float scoop of sherbet in each. (Serves 4.)

Citrus Milk Shake

1/2 cup chilled grapefruit juice	1/2 cup evaporated milk
1 cup chilled, strained orange juice	Pinch of salt
1/2 cup ice water	2 tbs. powdered sugar
	Dash of almond extract
	1/2 cup cracked ice

Combine ingredients and mix well in shaker or fruit jar. Pour unstrained into tall glasses. Serve immediately with straws. (Serves 3.)

Apricot Nectar

1 cup chilled, canned apricot nectar	1 tbs. sugar
2 tsp. lemon juice	Pinch of salt
Large scoop vanilla ice cream	

Combine all ingredients in mixing bowl. Beat until ice cream is half melted. Serve at once. (Yields 1 1/4 cups.)

Cider Punch

1 qt. sweet cider	1 cup sugar
Juice 6 lemons	1 qt. charged water

Combine cider, lemon juice, and sugar and let stand a few hours in refrigerator. When ready to serve pour mixture over piece of ice in punch bowl. Add charged water and serve immediately. (Serves 12.)

Cranberry Punch

1 pt. cranberries	1/2 cup orange juice
1 pt. water	1 1/2 tbs. lemon juice
1 cup white sirup	1 pt. charged water

Wash cranberries and cook in water in covered kettle until cranberries are mushy. Strain through cheesecloth and cool. Add orange juice, lemon juice, and sirup. Add charged water last. Pour over block of clear ice in punch bowl. (Serves 15.)

Cranberry Fruit Punch

8 cups fresh cranberries	1/4 cup lemon juice
4 cups water	1 tbs. grated orange peel
12 whole cloves	1 tbs. grated lemon peel
2 cups sugar	8 cups apple juice

Wash cranberries and cook in water in covered kettle until skins burst. Force mixture through sieve. Add cloves, sugar, and grated peel. Allow mixture to cool, then pour over large block of clear ice in punch bowl. Add lemon juice and apple juice and stir until chilled. Cider may be substituted for apple juice. Paper-thin orange slices may be floated on punch. (Serves 20.)

Fruit Punch

Juice 6 oranges	1 cup chopped maraschino cherries
Juice 6 lemons	1 1/2 qts. cold water
1 No. 2 can crushed pineapple	1 large bottle ginger ale
2 cups grape juice	

Mix, serve in punch bowl with cracked ice.

Grapefruit Cider Punch

1 1/2 cups chilled sweet cider	1/2 cup sugar
2 cups chilled grapefruit juice	2 cups ice water
	1 red-skinned apple, unpeeled

Combine cider, grapefruit juice, sugar, and water. Mix thoroughly. Pour liquid over block of clear ice in punch bowl. Core apple and slice into very thin apple rings. Float on top of punch. (Serves 8.)

Lime Pineapple Punch

2 cups boiling water	2 cups pineapple juice
2 cups strained lime juice	1 cup orange juice
2 cups currant jelly	1 qt. ginger ale

Beat currant jelly until frothy. Add boiling water and continue beating until jelly is dissolved. Add fruit

juices and chill. Just before serving add ginger ale and pour over large piece of clear ice in punch bowl. (Yields 3 quarts.)

Tea Punch

3 cups strong, black tea	2 cups raspberry sirup
1 cup lemon juice	1 cup crushed pineapple
4 cups orange juice	Sugar to taste
2 qts. carbonated water	

Mix all ingredients except carbonated water in punch bowl with large block of clear ice. If fresh fruit juices are used, they should be strained. Carbonated water is added last, after other ingredients are well chilled. Lime juice may be substituted for lemon juice, and grenadine used in place of raspberry sirup. (Serves 20.)

Dixie Tea

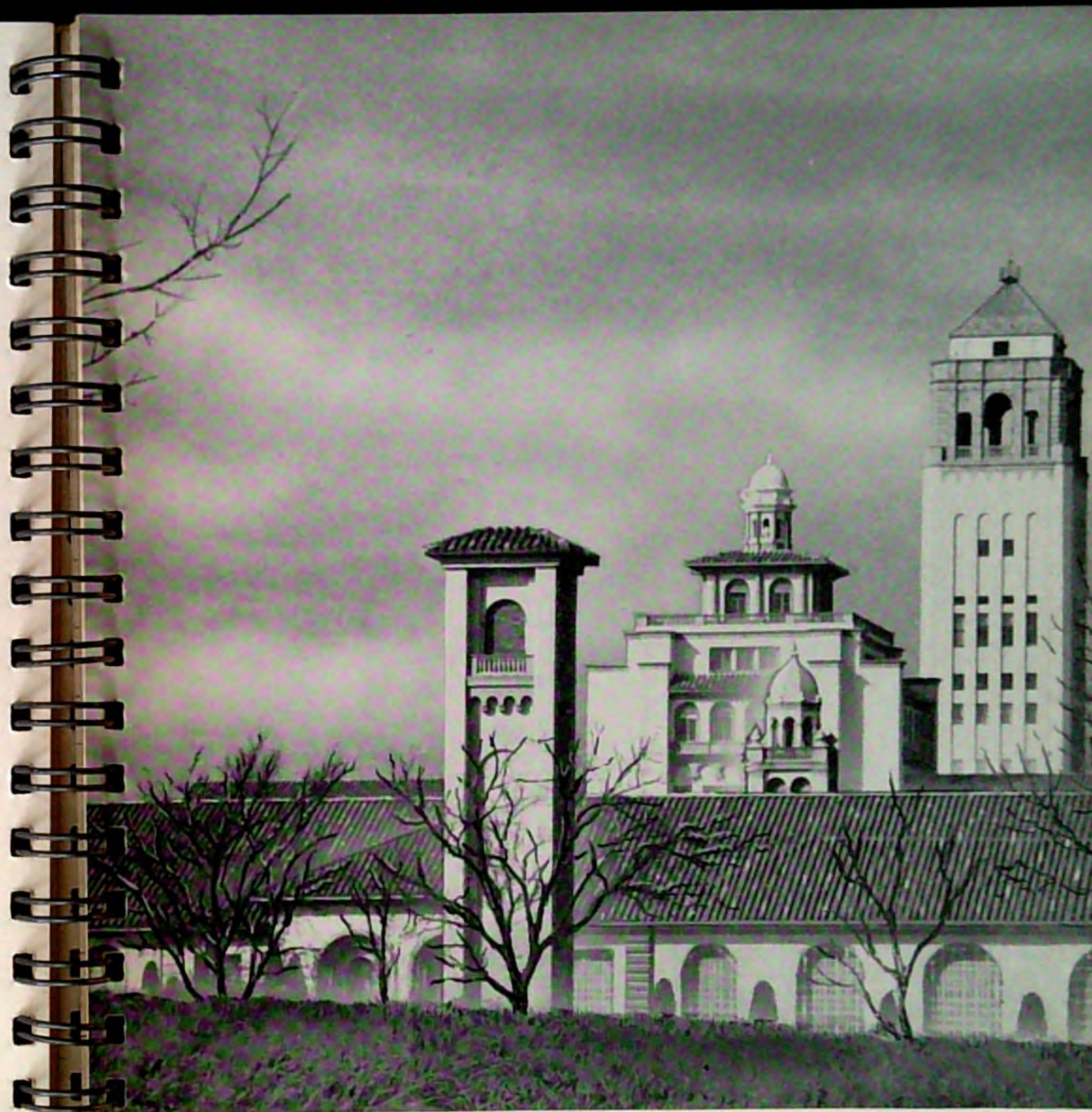
8 cups boiling water	5 tbs. black tea leaves
Juice 1 lemon	Juice 6 oranges
2 cups sugar	8 cups water
1 tsp. whole cloves	

Add boiling water to tea leaves. Steep for 5 minutes, then strain. Make sirup by boiling together sugar, 8 cups water, and cloves. Add sirup and fruit juices to tea. Serve hot. (Serves 15.)

Christmas Wassail Cup

4 cups sugar	12 whole cloves
4 cups water	6 allspice berries
Juice 10 oranges	2 tbs. cut ginger root
Juice 8 lemons	4 cups sweet cider
4 pieces stick cinnamon	

Make sirup by boiling sugar and water together for 10 minutes. Add spices and let stand in warm place for at least 1 hour. Strain. Add fruit juices and cider. Bring quickly to boiling point. Serve at once. Delicious with cakes or sandwiches. (Serves 15.)



Four Towers



Apple Surprise Biscuits

2 cups sifted flour	$\frac{3}{4}$ cup milk
1 tsp. salt	Cooking apples
4 tsp. baking powder	Butter
4 tbs. shortening	Cinnamon and sugar

Mix flour, salt, baking powder, shortening, and milk in same manner as for biscuits. Fill greased muffin pans half full with dough. Into center of each muffin press one-fourth of small apple that has been pared and cored. Sprinkle with sugar and cinnamon. Dot each muffin with bit of butter. Bake in moderate oven (350° F.) until apples are done.

Cheese Biscuits

2 cups flour	$\frac{1}{2}$ tsp. salt
2 tsp. baking powder	2 tbs. shortening
$\frac{1}{2}$ cup grated cheese	1 cup milk

Sift dry ingredients. Add cheese. Blend in shortening and add milk gradually. Drop from spoon in uniform small portions on baking sheet. Bake in hot oven (400° F) for 5 minutes. Reduce heat to slow (300° F) and continue baking for 10 minutes.

Orange Biscuits

3 cups flour	4 tbs. shortening
1 tsp. salt	3 tbs. sugar
4 tsp. baking powder	1 cup milk
Juice and grated rind 1 orange	2 tbs. melted butter or margarine

Sift flour, measure, and sift with baking powder, salt, and 1 tablespoon sugar. Cut in shortening. Stir in milk to form soft dough. Turn out on lightly floured board and knead for 30 seconds, or until surface is smooth. roll out $\frac{1}{2}$ inch thick. Brush over with melted butter. Dissolve 2 tablespoons sugar in half the orange juice and spread over buttered surface. Sprinkle with grated orange rind. Roll up like jelly roll and cut into slices $\frac{1}{2}$ inch thick. Place each slice an inch apart in well-greased baking pan. Brush slices with remaining orange juice. Cover and allow to stand for 10 minutes. Brush with melted butter. Bake in hot oven (450° F) about 15 minutes, or until done.

Banana Bread

1 cup sugar	$\frac{1}{2}$ cup shortening
2 eggs, well beaten	1 cup mashed, very ripe bananas
2 cups flour	
1 tsp. baking soda	1 cup coarsely cut nut meats
$\frac{1}{4}$ tsp. salt	1 cup raisins
	1 tsp. vanilla extract

Cream shortening, add sugar and mashed bananas and blend well. Add eggs. Mix and sift together flour, baking soda, and salt. Add to first mixture. Stir in nut meats and raisins, which have been dredged in flour. Add vanilla extract. Place in greased and floured loaf pan. Bake in moderate oven (350° F) about 50 minutes.

Crisp Corn Bread

$1\frac{1}{2}$ cups yellow corn meal	1 egg, slightly beaten
$\frac{1}{2}$ cup flour	2 tbs. melted shortening
2 tsp. baking powder	$\frac{1}{2}$ tsp. salt
2 tbs. sugar	$\frac{2}{3}$ cup milk

Mix and sift dry ingredients. Add milk to beaten egg and combine with dry ingredients. Add shortening and

mix well. Spread batter $\frac{1}{4}$ inch thick in well-greased pan. Bake in moderate oven (350° F) for 15 to 20 minutes, or until nicely browned.

Unity Inn Date Nut Bread

$\frac{1}{2}$ cup white sugar	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ cup brown sugar	3 cups water
$\frac{1}{3}$ cup shortening	2 tsp. baking soda
$2\frac{3}{4}$ cups chopped dates	1 tsp. baking powder
2 eggs, well beaten	4 cups flour

1 cup chopped nut meats

Cream shortening, add sugars, and blend well. Add dates and beaten eggs. Heat water to boiling point. Add baking soda and combine with creamed mixture. Sift flour, baking powder, and salt. Add chopped nut meats. Mix all ingredients together. Turn into greased loaf pan and bake at (300° F) for 1 hour.

Oatmeal Bread

2 cups boiling water	$\frac{1}{2}$ cup brown sugar
1 cup crushed oats	$\frac{1}{2}$ cup lukewarm water
1 tbs. shortening	$\frac{2}{3}$ cake compressed yeast
1 tsp. salt	$4\frac{1}{2}$ cups flour

Pour boiling water over oats. Add shortening and soak mixture for 2 hours. Add brown sugar, salt, flour, and yeast, which has been dissolved in lukewarm water. Beat well and allow to stand until light. Stir down and shape dough into two loaves. Place in greased loaf pans; let rise until doubled in bulk (about 2 hours). Bake in moderately hot oven (375° F) for 1 hour.

Orange Date Bread

1 cup sugar	1 tsp. baking soda
2 tbs. butter or margarine	1/2 cup hot water
1 egg, well beaten	2 cups sifted flour
1 cup chopped dates	1 tsp. salt
1/2 cup orange juice	1 tsp. baking powder
Grated rind 1 orange	1/2 cup broken nut meats

Cream butter and sugar, add egg, and beat well. Combine dates, orange juice and rind, baking soda, and hot water. When cool add to first mixture. Sift together flour, salt, and baking powder and combine with other ingredients. Add nut meats and pour into greased bread pan. Bake in moderate oven (350° F) for 1 hour.

Prune Bread

1 cup sugar	3/4 tsp. salt
1 egg, well beaten	1 tsp. baking soda
2 tbs. melted shortening	1/2 tsp. baking powder
1 cup sour milk or butter-milk	1 cup graham or whole-wheat flour
1/2 cup prune juice	1 cup chopped, cooked prunes
1 1/2 cups sifted flour	1 cup chopped nut meats

Add sugar gradually to beaten egg and continue beating until light and fluffy. Add shortening, milk, and prune juice. Sift together flour, salt, baking soda, and baking powder. Add graham flour. Combine liquid and dry ingredients and mix only until blended. Fold in nut meats and prunes. Pour batter into long, narrow, greased loaf pan. Bake in moderate oven (350° F) for 1 hour and 15 minutes.

Raisin Nut Bread

1 1/2 cups white flour	3 tsp. baking powder
1 1/2 cups whole-wheat or graham flour	1 cup chopped nut meats
1 tsp. salt	1 cup chopped raisins
	1 egg, well beaten
	1 cup milk

Mix dry ingredients. Add nut meats and raisins. Mix beaten egg and milk and combine with dry ingredients, stirring well. Pour into greased pan and let set for 20 minutes before baking. Bake in moderate oven (350° F) for 40 minutes.

Unity Inn Swedish Rye Bread

1 qt. water	1 cake compressed yeast
1 cup dark molasses	2 cups sifted rye flour
1/4 cup sugar	3 cups sifted, white flour
1 tbs. shortening	(or enough to make stiff dough)
1 tbs. dark corn sirup	
1 tbs. salt	1 tbs. caraway seeds

Heat water, remove from fire, and stir in shortening, sugar, molasses, sirup, and salt. Cool to lukewarm. Add yeast, allowing it to dissolve in water mixture. Stir in rye flour and half of white flour. Mix thoroughly to stiff sponge. Add remaining flour a little at a time, until it kneads easily and does not stick to hands. Cover and keep in warm place until dough rises to double its bulk. Add caraway seeds to dough. Knead and shape into six loaves. Place in greased pans and let rise until double in bulk. Bake for 1 hour in moderate oven (350° F).

Southern Spoon Bread

3 cups milk	1 tsp. sugar
1 cup white or yellow corn meal	1 tsp. salt
1 tsp. shortening	3 egg yolks, well beaten
	3 egg whites, stiffly beaten

Scald milk in double boiler. Add corn meal gradually and cook for 5 minutes, stirring to keep smooth. Cool slightly and add shortening, sugar, and salt. Add egg yolks, then fold in egg whites. Bake in greased baking dish in moderate oven (350° F) about 45 minutes or until bread seems firm in center. Spoon servings hot from dish.

Whole-Wheat Nut Bread

2 cups whole-wheat flour	2 tbs. sugar
1 cup white flour	1/2 cup chopped nut meats
3 tsp. baking powder	3 tbs. melted shortening
1/2 tsp. salt	1 1/2 cups milk

Combine dry ingredients including chopped nut meats. Add milk and blend thoroughly. Add shortening and beat well. Pour mixture into well-greased shallow loaf pan or muffin pans. Bake in moderate oven (350° F) for 30 minutes.

Apple-Strudel Coffeecake

1 1/2 cups flour	1 egg, well beaten
2 1/4 tsp. baking powder	1/2 cup milk
1/2 tsp. salt	1/4 cup melted shortening
1/2 cup sugar	1 1/2 cups chopped, tart apples
1/2 tsp. cinnamon	

Sift flour, measure, resift three times with baking powder, sugar, salt, and cinnamon. Add milk and shortening to beaten egg and pour into dry ingredients. Add chopped, raw apples and mix well. Pour batter into well-greased 8-inch square pan. Cover with following:

TOPPING

1/4 cup sugar	1 tbs. soft butter or margarine
2 tbs. flour	
	1/2 tsp. cinnamon

Combine ingredients, making crumbly mixture. Sprinkle over coffeecake batter. Bake in hot oven (400° F) for 30 minutes or until both cake and apples are done.

Special Filled Coffeecake

3 cups sifted flour	1/4 tsp. cinnamon
3 tsp. baking powder	3/4 cup sugar
1 tsp. salt	1/4 cup butter or margarine
1/4 tsp. nutmeg	2 eggs
	1 cup milk

Sift together dry ingredients. Blend in butter. Add unbeaten eggs and milk and stir to smooth dough. Turn into well-greased round cake pan and cover with following:

TOPPING

1/4 cup butter or margarine	1/2 tsp. cinnamon
3/4 cup brown sugar	1/8 tsp. salt
3 tbs. flour	3/4 cup chopped nut meats
	1/2 cup cream, whipped

Cream butter, add brown sugar and flour. Blend well. Add cinnamon and salt. Spread over top of coffeecake. Sprinkle nut meats over this mixture. Bake in moderately hot oven (375° F) for 25 minutes. When cool split cake and spread whipped cream between layers. Cut into pie-shaped pieces and serve.

Banana Fritters

3/4 cup flour	1/4 cup sugar
1/8 tsp. salt	1 egg, well beaten
3/4 tsp. baking powder	1/3 cup milk
	5 bananas, not too ripe

Sift flour, measure, and resift with salt, sugar, and baking powder. Add beaten egg to milk and pour mixture into dry ingredients. Mix thoroughly. Peel bananas and cut in half lengthwise, then once across. Dip pieces of banana into batter. Fry in deep fat until golden brown. Drain on paper towel. Serve hot with maple sirup or honey.

Water-Chestnut Fritters

1 cup minced, canned water chestnuts	$\frac{3}{4}$ tsp. salt
1 egg, well beaten	Few grains pepper
2 cups milk	4 tsp. baking powder
	2 cups sifted flour

Combine milk and beaten egg. Mix flour, pepper, salt, and baking powder. Stir into milk mixture. If batter is not thick enough, add more flour. Add water chestnuts. Drop by spoonfuls into hot, deep fat (360° F). These fritters will puff up like doughnuts.

Rice Griddlecakes

$\frac{1}{2}$ cup flour	2 tbs. melted shortening
1 tsp. baking powder	$\frac{1}{2}$ tsp. salt
2 cups cooked rice	1 cup milk
	2 eggs, well beaten

Sift together flour, baking powder, and salt. Combine beaten eggs, milk, and rice and add to first mixture, beating thoroughly. Stir in shortening. Bake on hot griddle until golden brown. Serve hot with butter and maple sirup or honey.

Date Corn Muffins

1 cup white corn meal	1 cup flour
2 tsp. brown sugar	1 tsp. salt
4 tsp. baking powder	1 egg, well beaten
2 tbs. shortening	$1\frac{1}{4}$ cups milk
	$\frac{1}{2}$ cup chopped dates

Place corn meal, salt, brown sugar, dates, shortening, and milk in top of double boiler and cook over boiling water for 10 minutes. Cool. Add beaten egg. Sift together flour and baking powder and add to first mixture. Place in greased muffin pans. Bake in hot oven (400° F) for 5 minutes. Reduce heat to moderate (350° F) and continue baking for 15 to 20 minutes.

Raisin or Date Muffins

1 egg, slightly beaten	2 cups flour
$\frac{1}{4}$ cup sugar	2 tsp. baking powder
2 tbs. melted shortening	$\frac{1}{2}$ tsp. salt
1 cup milk	1 cup seedless raisins or dates

Mix and sift together sugar, flour, baking powder, and salt. Add fruit. Combine milk and beaten egg and add to dry ingredients. Add shortening. Place batter in warm, well-greased muffin pans and bake in very hot oven (450° F) for 5 minutes. Reduce heat to moderate (350° F) and bake for 15 to 20 minutes, or until brown.

Fig or Date Muffins

1 cup scalded milk	$1\frac{1}{2}$ cups graham or whole- wheat flour
$\frac{1}{4}$ cup sugar	5 tsp. baking powder
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ cup chopped figs or dates
3 tbs. shortening	
1 egg, slightly beaten	

Add sugar, salt, and shortening to hot milk and cool. Combine flour and baking powder. Add beaten egg to cooled milk mixture and combine with flour mixture. Dredge figs lightly in flour and add, mixing well. Fill hot, greased muffin pans half full. Bake in hot oven (400° F) for 5 minutes. Then reduce heat to moderate (350° F) and continue baking for 10 to 15 minutes.

Graham Muffins

1 cup graham flour	2 eggs, well beaten
1 cup white flour	2 tsp. baking powder
1 cup sour milk or butter- milk	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ cup brown sugar	$\frac{1}{2}$ tsp. baking soda
2 tbs. melted shortening	$\frac{1}{4}$ cup seedless raisins
	$\frac{1}{4}$ cup chopped nut meats

Add beaten eggs to shortening. Dissolve baking soda in milk and add to first mixture. Sift together remaining dry ingredients. Add raisins and nut meats and combine with other mixture, stirring only enough to blend thoroughly. Bake in warm, well-greased muffin pans in very hot oven (450° F) for 5 minutes. Reduce heat to moderate (350° F) and continue baking for 10 to 15 minutes.

Rice Muffins

1 cup hot, cooked rice	$\frac{1}{2}$ tsp. salt
1 tbs. butter or margarine	1 cup flour
1 egg, well beaten	$\frac{1}{2}$ tsp. baking powder
	1 cup milk

Combine rice, butter, and salt. Add beaten egg. Sift together flour and baking powder and add alternately with milk to rice mixture. Spoon into hot, greased muffin pans, filling them $\frac{3}{4}$ full. Bake in hot oven (400° F) for 5 minutes. Reduce heat to moderate (350° F) and continue baking for 15 minutes, or until brown.

Whole-Wheat Muffins

3 tbs. butter or margarine	$1\frac{1}{2}$ cups whole-wheat flour
3 tbs. sugar	3 tsp. baking powder
1 egg, well beaten	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ cup raisins	$\frac{3}{4}$ tsp. salt

Cream butter and sugar. Add beaten egg. Mix raisins with sifted dry ingredients and combine with first

mixture alternately with milk. Fill well-greased muffin pans half full. Pat surface of batter with spoon dipped in milk and sprinkle with few grains of sugar. Bake in hot oven (400° F) for 20 to 25 minutes.

Cinnamon Rolls

$\frac{1}{2}$ cake compressed yeast	$\frac{1}{8}$ cup sugar
$\frac{1}{4}$ cup lukewarm water	

Dissolve yeast in water, add sugar, and let stand for 5 minutes. Then add:

$\frac{1}{4}$ cup melted shortening	$\frac{1}{2}$ tsp. salt
1 egg, well beaten	$\frac{3}{4}$ cup lukewarm water
	$2\frac{1}{2}$ cups flour

Beat well. Place dough in greased bowl and let rise until double in bulk. Roll out dough $\frac{1}{2}$ inch thick. Brush with melted butter. Sprinkle with brown sugar and $1\frac{1}{2}$ teaspoon cinnamon. Roll up like jelly roll and cut in 1-inch slices. Place in greased baking pan. Let rise until doubled in bulk. Bake in hot oven (410° F) for about 25 minutes, or until nicely browned.

Unity Inn Cinnamon Rolls

$\frac{1}{2}$ cup melted shortening	2 cakes compressed yeast
$\frac{1}{2}$ cup sugar	5 cups flour (or enough to make soft dough)
$1\frac{1}{4}$ cups milk	
2 eggs, well beaten	1 tsp. salt
	Sugar and cinnamon

Scald milk and let cool until lukewarm. Add sugar, salt, and beaten eggs. Add yeast, dissolved in a little warm water. Add part of flour, then shortening, then

sufficient flour to make soft dough. Place in greased bowl, cover, and let rise until doubled in bulk. Roll out to about 1/2-inch thickness. Spread with soft butter or margarine and sprinkle generously with mixture of sugar and cinnamon. Roll up like jelly roll. Cut into 1/2-inch slices and lay slices flat in greased baking pan. Spread melted butter over top and sprinkle with sugar-and-cinnamon mixture. Let rolls rise until doubled in size. Bake in moderate oven (350° F) for about 25 minutes, or until rolls are nicely browned.

Unity Inn Parker House Rolls

1 cup scalded milk	1 egg white, stiffly beaten
1/4 cup lukewarm water	2/3 tsp. salt
1 cake compressed yeast	4 cups flour (approximately)
2 tbs. sugar	3 tbs. melted shortening

Dissolve yeast in water. Combine milk, sugar, salt, and shortening. Cool mixture to lukewarm, then add yeast mixture. Gradually stir in flour to form batter. Add stiffly beaten egg white. Cover and let rise in warm place until doubled in bulk. Add flour until dough can be handled without sticking to hands or board. Turn onto lightly floured board and knead until spongy and elastic. Let rise again until very light. Turn out, roll lightly about 1/2 inch thick, and cut with small biscuit cutter. Brush tops of rolls with melted butter. Fold over, pressing edges together lightly. Place 1 inch apart in greased pan and let rise until doubled in bulk. Bake in hot oven (400° F) for 5 minutes. Reduce heat to moderate (350° F) and continue baking for 10 to 15 minutes.

Quick Surprise Rolls

1 cup mashed potatoes	3/4 cup shortening
1 1/2 cups scalded milk	1/4 cup sugar
2 cakes compressed yeast	2 tsp. salt
4 cups sifted flour	

Stir milk and shortening into mashed potatoes. Let mixture stand until lukewarm, then add crumbled yeast, sugar, and salt and stir until yeast is dissolved. Gradually add flour and mix to smooth dough. It may be necessary to add additional flour so that dough does not stick to mixing bowl and may be easily handled. Turn out dough on lightly floured board and knead until smooth and elastic. Divide dough in half for easier handling and roll out 1/4 inch thick. Cut in rounds with biscuit cutter and spread with melted butter. Make crease across rounds just below center, using dull knife. Fold over, so that top slightly overlaps under edge. Press edges together at end of crease. Place on greased baking pan and brush lightly with melted butter. Let rise until doubled in bulk. Bake in hot oven (400° F) for 5 minutes. Reduce heat to moderate (350° F) and continue baking for 10 to 15 minutes. After baking brush tops with melted butter.

Unity Inn Rolls

2 cups scalded milk	2 tsp. salt
1/4 cup shortening	2 cakes compressed yeast
2 tbs. sugar	1/4 cup lukewarm water
5 1/2 cups flour	

Soften yeast in water. Combine milk, shortening, sugar, and salt. Cool to lukewarm. Add yeast mixture and blend thoroughly. Add 3 cups flour and beat until smooth. Cover and let rise until doubled in bulk. Punch down and add enough flour to make dough stiff enough

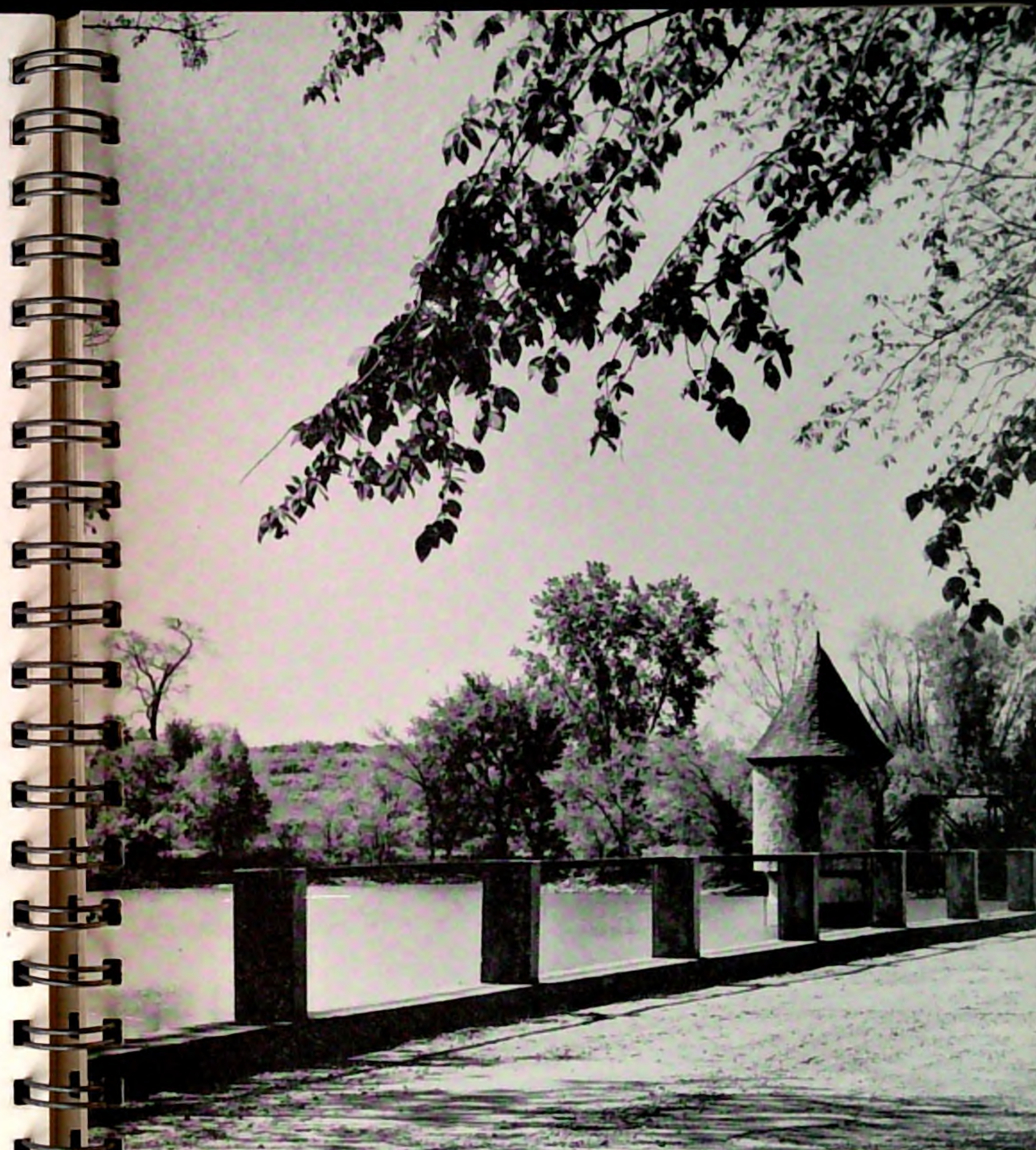
to knead. Let rise again. Turn out on floured board, knead, pat, and roll out to $\frac{1}{3}$ -inch thickness. Cut into rounds with biscuit cutter dipped in flour. Dip handle of case knife in flour and with it make crease through middle of each piece. Place rounds closely together in greased pans, brushing tops with butter. Cover and let rise. Bake in hot oven (400° F) for 5 minutes. Reduce heat to moderate (350° F) and continue baking for 15 to 20 minutes.

Note: 2 cups whole-wheat flour may be substituted for equal amount of white flour to make whole-wheat rolls.

Sour-Cream Waffles

1 pt. sour cream	1 tsp. baking soda
2 eggs, separated	1 tbs. yellow or white corn meal
3 cups flour	$\frac{1}{2}$ tsp. salt

Beat egg yolks and whites separately. Mix yolks with sour cream. Add baking soda, flour, corn meal, and salt. Fold in stiffly beaten egg whites. Bake in hot waffle iron until brown. Serve hot with butter and maple sirup, honey, or preserves.



Unity Lake





Cheesecake

$\frac{1}{3}$ cup shortening	$\frac{1}{2}$ tsp. salt
1 cup sugar	6 eggs, separated
4 tbs. chopped raisins	$\frac{1}{2}$ cup chopped nut meats
2 tsp. flour	Grated rind 1 lemon
$\frac{1}{2}$ lb. dry cottage cheese	

Cream shortening, blend in sugar and salt, and add beaten egg yolks. Add nut meats, raisins, lemon rind, and flour. Rub cheese through sieve and add to mixture. Fold in stiffly beaten egg whites. Pour into greased pan and bake for 1 hour and 15 minutes in moderately slow oven (325° F).

Cherry Nut Cake

PART 1

$\frac{1}{3}$ cup butter or margarine	1 cup chopped walnut meats
$\frac{1}{2}$ cup brown sugar	2 cups canned cherries, drained

PART 2

$\frac{2}{3}$ cup shortening	$2\frac{1}{2}$ cups sifted flour
1 cup sugar	3 tsp. baking powder
2 eggs, well beaten	$\frac{1}{4}$ tsp. salt
1 tsp. vanilla extract	$\frac{2}{3}$ cup milk

In Part 1 slowly heat butter and brown sugar in heavy frying pan until sirupy. Add nut meats and cherries. Set aside while mixing Part 2. Mix Part 2 as for butter cake, creaming sugar and shortening, then adding vanilla extract and beaten eggs. Mix and sift flour, baking powder, and salt and add alternately with milk, beating until smooth after each addition. Pour batter

over hot mixture in frying pan. Bake in moderate oven (350° F) for 45 to 60 minutes, depending on size of frying pan. Turn out upside down on platter. May be served with whipped cream.

Chocolate-Fudge Cake

1/4 lb. shortening	2 eggs, separated
1 cup brown sugar	4 oz. bittersweet chocolate,
3/4 cup boiling water	melted
1/2 cup buttermilk	2 cups flour
	1 tsp. baking soda

Cream shortening, blend in brown sugar and beaten egg yolks, and beat until creamy. Add chocolate and boiling water. Combine baking soda and buttermilk and add to mixture. Stir in flour gradually, mixing thoroughly. Fold in stiffly beaten egg whites. Place in greased, floured cake pans. Bake for 20 minutes in moderate oven (350° F).

Dutch Apple Cake

2 cups sifted flour	1 tbs. butter or margarine
3 tsp. baking powder	3/4 cup brown sugar, firmly
2 tbs. sugar	packed
1/2 tsp. salt	1 tsp. cinnamon
1/4 cup shortening	1 tbs. top milk
1 egg, well beaten	3 large, tart, cooking apples,
3/4 cup milk	peeled and sliced
3 tbs. shortening	

Mix and sift flour, baking powder, sugar, and salt. Cut in 1/4 cup shortening until mixture is mealy. Combine milk and beaten egg and add to flour mixture, mixing until soft dough is formed. Now melt 3 tablespoons shortening with butter. Add brown sugar, cinnamon, and top milk and mix well. Pour this mixture

into well-greased square pan and arrange apple slices over it, pressing them down firmly. Then spread dough from first mixture over apples. Bake for 50 to 60 minutes in moderate oven (350° F). Serve upside down with whipped cream.

Fruitcake

3 oz. sugar	2 oz. citron
5 1/2 oz. sirup	4 oz. currants
6 oz. shortening	3 eggs, well beaten
2 cups flour	4 oz. pecan pieces
1/2 cup unsweetened apple-	4 oz. almond pieces
sauce	1 lb. pitted dates
1 lb. preserved maraschino	4 oz. raisins
cherries	1/2 tsp. baking soda
4 oz. preserved pineapple	1/4 cup molasses
1/4 cup fresh liquid coffee	8 oz. preserved orange rind
1/2 tsp. cinnamon	2 oz. preserved green cherries

Cream shortening, sugar, and sirup. Add applesauce, baking soda, coffee, and molasses. Add beaten eggs. Sift flour and cinnamon and add to mixture. Cut up fruit, mix with nut pieces, and dust with flour. Combine mixtures. Pour batter into greased and lined loaf pans. Bake for 20 minutes at 350° F. Lower heat and continue baking for 1 hour and 15 minutes at 300° F.

Prune Cake

1 cup sugar	1/3 tsp. each cloves, cinna-
2 tbs. butter or margarine	mon, and nutmeg
1 tbs. cold water	2 eggs, well beaten
3/4 cup prune juice	1 1/4 cups flour
1 cup chopped, cooked	2 tbs. cocoa
prunes	1 tsp. baking soda
	1/2 tsp. salt

Cream butter, blend in sugar and salt, add water and beaten eggs. Dissolve baking soda in prune juice, com-

bine with prunes, cocoa, and spices, and add to first mixture. Add flour and mix well. Bake in greased and floured loaf or tube pan for 40 to 50 minutes in moderate oven (350° F).

Brown-Sugar Spicecake

1/2 cup shortening	1 cup brown sugar
1/2 tsp. salt	2 eggs
1 tsp. cinnamon	2 tsp. baking powder
1/4 tsp. cloves	1/2 tsp. baking soda
1/4 tsp. nutmeg	2 1/2 cups flour
1 cup sour milk	

Cream shortening, blend in brown sugar, salt, and spices. Beat until light and fluffy. Add eggs, one at a time, beating well after each addition. Mix flour, baking powder, and baking soda and sift. Add, alternately with milk, to creamed mixture, mixing until smooth. Place in greased, floured pan. Bake for 40 to 50 minutes in moderate oven (350° F). Frost with any desired icing.

Carrot Cookies

1 cup cooked carrots, mashed	2 tsp. baking powder
$\frac{3}{4}$ cup sugar	1 tsp. vanilla extract
1 cup shortening	$\frac{1}{2}$ tsp. lemon extract
1 egg, well beaten	FOR FROSTING
2 cups flour	Juice $\frac{1}{2}$ orange
$\frac{1}{2}$ tsp. salt	Powdered sugar

Cream shortening and blend in sugar. Add egg and carrots. Mix and sift flour, salt, and baking powder. Add to first mixture. Add flavoring. Drop by spoonfuls on greased cookie sheet. Bake for 12 to 15 minutes in hot oven (400° F). When cool frost with orange frosting made of orange juice and enough powdered sugar to make frosting firm enough to stick to cookies.

Chocolate Pin-Wheel Cookies

1/2 cup shortening	1 1/2 cups flour
1/2 cup sugar	1/2 tsp. baking powder
1 egg yolk, well beaten	1/8 tsp. salt
1 1/2 tsp. vanilla extract	3 tbs. milk
1 square chocolate, melted	

Cream shortening, blend in sugar. Add beaten egg yolk and vanilla extract. Add sifted dry ingredients alternately with milk. Divide mixture and to one part add melted chocolate. Roll white dough to 1/4-inch thickness. Pat out chocolate dough like biscuit dough and lay on top of white dough. Roll until chocolate dough is same size and thickness as white dough. Roll up like jelly roll. Set dough in refrigerator until firm. Cut in thin slices and place on greased cookie sheet. Bake for 12 to 15 minutes in moderate oven (350° F).

Coffee Drop Cookies

1 cup sugar	3/4 cup fresh liquid coffee
1/2 cup shortening	1/4 tsp. salt
1 egg, well beaten	1 tsp. baking powder
1/2 tsp. baking soda	1/2 cup chopped raisins
1/2 cup chopped nut meats	1 tsp. vanilla extract
1/2 tsp. cinnamon or cloves	2 cups flour

Cream shortening; blend in sugar. Add beaten egg, coffee, and vanilla extract. Sift flour, salt, baking soda, baking powder, and spice. Combine with first mixture. Add raisins and nut meats and mix thoroughly. Drop from teaspoon onto greased cookie sheet. Bake for 12 to 15 minutes in moderate oven (350° F).

Date Dainties

5 tbs. flour	$\frac{3}{4}$ cup sugar
2 tsp. baking powder	$\frac{1}{8}$ tsp. salt
1 lb. chopped dates	1 tsp. vanilla extract
1 cup chopped nut meats	3 eggs, well beaten

Sift flour before measuring. Combine with baking powder and sift once more. Add sugar and salt, dates and nut meats, then beaten eggs and flavoring. Place in greased shallow pan and bake for 45 minutes in moderately slow oven (325° F). Cut in squares and sprinkle with powdered sugar.

Date Spice Cookies

$\frac{1}{2}$ cup shortening	$1\frac{3}{4}$ cups flour
$1\frac{1}{4}$ cups brown sugar, firmly packed	2 tsp. baking powder
1 egg, well beaten	$\frac{1}{2}$ tsp. salt
2 tbs. hot water	$\frac{1}{2}$ tsp. each ginger, cinna- mon, cloves, and nutmeg
$\frac{1}{4}$ tsp. baking soda	$\frac{1}{3}$ cup chopped dates
	$\frac{1}{3}$ cup chopped pecans

Cream shortening, blend in brown sugar, and add beaten egg. Dissolve baking soda in hot water and add to mixture. Mix and sift flour, baking powder, salt, and spices. Add dates and pecans. Combine with first mixture, stirring thoroughly. Roll into small balls. Place 2 inches apart on greased baking sheet. Place pecan half on top of each cookie, flattening cookie slightly. Bake for 10 to 12 minutes in moderately hot oven (375° F).

German Butter Cookies

$\frac{1}{2}$ cup butter or shortening	2 tsp. baking powder
$1\frac{1}{2}$ cups sugar	Cardamom seed, anise oil, or caraway seed
2 eggs, well beaten	$2\frac{1}{2}$ cups flour

Cream butter, blend in sugar, and add beaten eggs. Beat mixture for 5 minutes. Add sifted flour and baking powder. Add seed or oil, or divide into portions and use various flavorings as desired. Roll out to about $\frac{1}{8}$ -inch thickness. Cut out with cookie cutter and place on greased cookie sheet. Bake for 10 minutes in moderate oven (350° F).

Molasses Crinkles

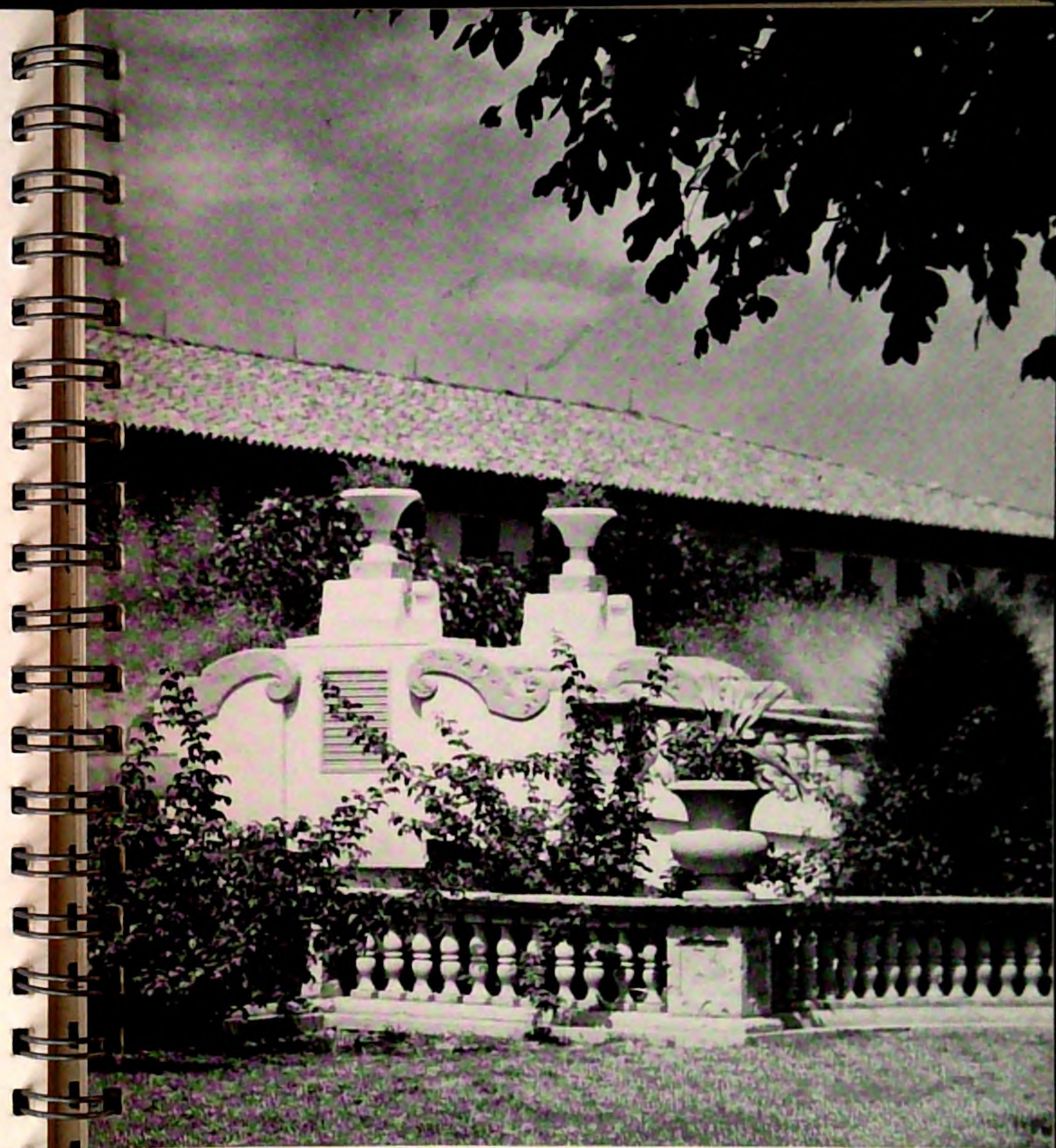
$\frac{3}{4}$ cup shortening	$\frac{1}{4}$ tsp. salt
1 cup brown sugar	2 tsp. baking soda
1 egg, well beaten	$\frac{1}{2}$ tsp. cloves
4 tbs. molasses	1 tsp. cinnamon
$2\frac{1}{4}$ cups flour	$\frac{1}{2}$ tsp. ginger

Cream shortening and blend in brown sugar. Add molasses and beaten egg. Mix and sift flour, salt, baking soda, and spices. Add to first mixture. Shape into balls. Dip tops in granulated sugar. Place balls on greased cookie sheet and flatten slightly with fork. Bake for 12 to 15 minutes in moderately hot oven (375° F).

Orange Bran Cookies

$1\frac{1}{2}$ cups shortening	1 cup bran
2 cups light-brown sugar	Grated rind 1 large orange
2 eggs, well beaten	3 cups sifted flour
	2 tsp. baking powder

Cream shortening and brown sugar. Add beaten eggs and bran, then orange rind and flour, which has been sifted with baking powder. Form into long roll, wrap in waxed paper, and store in refrigerator overnight. Slice thin and bake on lightly greased baking tins about 10 minutes in hot oven (425° F).



Charles and Myrtle Fillmore Bridge



Rhubarb Sponge Custard

1 cup diced, fresh rhubarb	1 tbs. lemon juice
$\frac{1}{4}$ cup water	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup sugar
2 eggs, separated	$\frac{1}{4}$ cup flour
2 tbs. butter or margarine	

Cook rhubarb, water, and sugar until rhubarb is tender. Sift flour, measure, and sift with remaining dry ingredients. Cream butter and add dry ingredients, mixing well. Add beaten egg yolks and lemon juice and beat until fluffy. Add cooked rhubarb and beat well. Fold in stiffly beaten egg whites gently but thoroughly. Pour into lightly greased custard cups, set in pan of hot water, and bake in moderately slow oven (325° F) for 30 minutes. When done sauce will remain at bottom of dish, with fluffy, cakelike topping. May be served warm or chilled.

Apple Dumplings De Luxe

1 egg	$\frac{3}{4}$ tsp. salt
$\frac{3}{4}$ cup sour cream	2 tbs. sugar
2 cups flour	Soft butter or margarine
3 tsp. baking powder	4 tart apples, cut in thin slices
$\frac{1}{4}$ tsp. baking soda	Cinnamon, sugar, and nutmeg

Beat sour cream and egg; stir in sifted dry ingredients. Place on floured board and roll into oblong piece $\frac{1}{4}$ inch thick. Spread lightly with soft butter; cover $\frac{1}{2}$

of dough with apple slices; sprinkle with sugar, cinnamon, and nutmeg. Roll like jelly roll; cut crosswise into 1-inch slices. Place slices of dough flat in deep pan and pour over them sauce made by combining following ingredients:

$\frac{3}{4}$ cup white sugar	2 tbs. cornstarch
$\frac{3}{4}$ cup brown sugar	1 cup hot water
1 $\frac{1}{2}$ tbs. butter or margarine	

Bake dumplings in moderately hot oven (375° F) about 25 minutes. (Makes 8 dumplings.)

Swedish Dessert Pancakes

2 cups milk	$\frac{1}{2}$ tsp. salt
4 eggs, well beaten	1 tsp. sugar
1 cup sifted flour	

Combine beaten eggs and milk. Combine flour with salt and sugar. Add to first mixture. Bake on hot griddle until golden brown. Batter should be thin. Use only 1 tablespoon to each pancake. When done pancakes should be small and dainty. Serve with crushed, sweetened berries.

Unity Inn Chocolate-Sundae Pie

$\frac{3}{4}$ cup sugar	2 $\frac{1}{2}$ cups milk
3 tbs. cornstarch	2 squares chocolate, melted
3 tbs. flour	3 eggs, well beaten
$\frac{1}{2}$ tsp. salt	1 tsp. vanilla extract

Blend sugar, cornstarch, flour, and salt. Stir in milk and cook over boiling water until thickened. Add chocolate, then beaten eggs, and cook about 2 minutes.

Cool and add vanilla extract. Pour into 9-inch baked pie shell and let stand until quite cold. Cover with whipped cream and following:

TOPPING

2 $\frac{1}{2}$ cups powdered sugar	$\frac{1}{4}$ cup hot, fresh, liquid coffee
2 tbs. cocoa	2 tbs. butter or margarine
$\frac{1}{8}$ tsp. salt	1 tsp. vanilla extract

Mix sugar, cocoa, and salt. Add butter to coffee and let cool. Add vanilla extract and combine with sugar mixture, stirring until smooth. Pour topping mixture over pie. Chill in refrigerator before serving.

Unity Inn Concord-Grape Pie

2 $\frac{1}{2}$ cups grape pulp and skins	1 cup sugar
	2 tbs. flour
3 tbs. melted shortening	

Wash and stem fully ripened grapes. Separate pulp from skins. Cook pulp slowly until soft. Rub through sieve to remove seeds. Combine pulp and skins. Mix sugar and flour and add to grapes and skins. Add shortening. Pour into pastry-lined pie pan and cover with top pie crust or strips of pastry. Bake for 25 minutes in hot oven (425° F).

Dutch Apple Pie

Line 9-inch pie pan with pie crust. Peel and slice enough Jonathan or Winesap apples to fill crust heaping full. Mix together following ingredients:

$\frac{3}{4}$ cup sugar	2 tbs. cornstarch
$\frac{1}{4}$ tsp. nutmeg	$\frac{1}{2}$ tsp. cinnamon

Sprinkle foregoing mixture over apples. Top with dots of butter or margarine. Cover pie with pan or lid and

bake in 325° F oven about 30 minutes. Uncover pie and let bake for 30 minutes longer, or until apples are tender.

Florida Pecan Pie

3 eggs, well beaten	3/4 cup pecans
1/2 cup sugar, brown or white	2 tbs. melted margarine
1 cup light-brown corn sirup	1 tsp. vanilla extract

Mix all ingredients together and pour into unbaked pie shell. Bake in slow oven (300° F) until filling sets, or about 45 minutes. Pecans will rise to top. Temperature may be increased during last few minutes of baking if crust is not sufficiently browned.

Green-Tomato Pie

Green tomatoes, peeled and thinly sliced	1 tbs. butter or margarine
1 cup sugar	1/2 tsp. salt
2 tbs. flour	2 tbs. lemon juice
	Nutmeg to taste

Fill unbaked pie shell with mixture of all ingredients. Dot with butter. Add top crust, sealing edges carefully. Pierce to emit steam. Bake for 1 hour in moderate oven (350° F). Quantity of tomatoes depends on size of pie shell used; use plenty, however, as mixture cooks down.

Mincemeat

2 lbs. raisins	1/2 lb. melted butter or margarine
2 lbs. currants	
1 1/2 lbs. mixed, glazed fruit	2 lbs. brown sugar
3 lbs. apples, pared and cored	1 qt. apple cider
1 1/2 lbs. Nurost†	1 tsp. cinnamon
	1/2 tsp. nutmeg
	1/8 tsp. cloves

Put raisins, glazed fruit, apples, and Nurost through

† Prepared protein

food chopper. Add currants, spices, sugar, and butter to other ingredients. Add cider and blend well. Mince-meat may be stored in refrigerator for about 2 weeks. (Makes 5 to 6 9-inch pies.)

Unity Inn Pecan Pie

5 eggs, well beaten	1/4 tsp. salt
1/2 cup sugar	1 tsp. vanilla extract
1 pt. dark corn sirup	1 cup chopped pecans

Mix sugar, salt, and sirup and add to beaten eggs. Add vanilla extract. Line pie pan with plain pastry. Place pecans in it and pour in filling. Pecans will rise to top. Bake for 10 minutes in moderate oven (350° F). Then reduce heat to 300° F and bake until filling is set. If pie becomes too brown, cover with piece of plain paper.

Unity Inn Pineapple Cream-Cheese Pie

1/2 cup sugar	4 eggs
1 1/2 tbs. cornstarch	1 1/2 cups undrained, crushed pineapple
3/4 lb. cream cheese	3/4 cup milk
3/4 cup sugar	1/3 tsp. vanilla extract
3/4 tsp. salt	1/4 cup chopped pecans

Blend sugar and cornstarch and add pineapple. Cook over boiling water, stirring constantly until mixture is clear and thick. Cool. Then spread mixture over bottom of 9-inch unbaked pastry shell. Blend cream cheese, which has been softened to room temperature, with sugar and salt. Add eggs one at a time, beating well after each addition. Blend in milk and vanilla extract. Pour cheese mixture over pineapple in pie shell. Sprinkle top with chopped pecans. Bake in hot oven (400° F) for 10 minutes. Reduce heat to 325° F and continue baking for 50 minutes. Cool before cutting.

Prune Pie

- | | |
|---------------------------------|----------------------------|
| 2 cups cooked, pitted prunes | 1/2 cup brown sugar |
| | 2 tbs. butter or margarine |
| 1 orange, divided into segments | 1/4 tsp. salt |
| | 1 cup prune juice |
| | 2 tbs. cornstarch |

Cut prunes into quarters. Remove all membrane and seeds from orange segments and add to prunes. Add brown sugar, salt, prune juice, and butter. Heat to boiling point. Mix cornstarch with equal amount of water or prune juice. Add to hot prune mixture and cook for 5 to 10 minutes, stirring occasionally to keep smooth. Cool and pour into baked pie shell. Cover with meringue and brown in moderate oven (350° F), or cover with whipped cream just before serving.

Three-in-One Pie

- | | |
|------------------------------------|---------------|
| 1 cup chopped cranberries | 1 cup sugar |
| 1 cup chopped, tart apples | 1/4 tsp. salt |
| 1/4 cup drained, crushed pineapple | |

Combine fruits, sugar, and salt and let stand 2 or 3 hours. Line pie pan with pastry. Add filling and cover with top crust, sealing edges carefully. Bake for 10 minutes in hot oven (400° F). Then reduce heat and bake for 40 minutes in moderate oven (350° F).

Baked Pineapple and Peaches

- | | |
|------------------------------|--------------------------------|
| 6 slices canned pineapple | 2 tbs. butter or margarine |
| 6 large, canned peach halves | 3 tbs. maraschino-cherry sirup |
| | Juice 1/2 lemon |

Place pineapple slices on shallow, buttered pie plate. Arrange peach halves on pineapple slices, hollow side up. Dot with butter and pour maraschino-cherry sirup and lemon juice over peaches. Bake in moderately hot

oven (375° F) about 15 minutes. Before serving place maraschino cherry in each peach hollow.

Blackberry Pudding

- | | |
|----------------------------|------------------------|
| 2 tbs. butter or margarine | 1 cup sugar |
| 2 eggs, separated | 1/2 cup milk |
| 1 1/2 cups flour | 1 tsp. baking powder |
| 2 cups blackberries | 1 tsp. vanilla extract |

Cream butter; add egg yolks. Add sugar gradually. Mix and sift together flour and baking powder and add, alternately with milk, to first mixture. Add blackberries and flavoring. Beat egg whites stiff and fold lightly into pudding mixture. Bake for 20 to 30 minutes in moderate oven (350° F). Serve with whipped cream or lemon sauce. Raspberries, blueberries, or peaches may be used rather than blackberries, if desired.

Bread Pudding

- | | |
|---------------------------|-----------------------------------|
| 1 cup coarse bread crumbs | 2 eggs, separated |
| 2 cups milk | 1 tbs. melted butter or margarine |
| 1/2 cup sugar | Tart jelly |
| 1 tsp. grated orange rind | |

Combine milk, beaten egg yolks, orange rind, sugar, and butter. Pour over bread crumbs. Bake in moderately hot oven (375° F) until custard is firm. Remove and spread layer of tart jelly over top of pudding, then stiffly beaten egg whites. Return to oven and bake until egg whites are as brown as desired.

Date Pudding

- | | |
|-------------------------|----------------------------|
| 1 cup chopped nut meats | 3 eggs, separated |
| 1 cup chopped dates | 1/2 tsp. baking powder |
| 1/2 cup sugar | 2 tbs. fine cracker crumbs |
| | 1 tsp. vanilla extract |

To beaten egg yolks add nut meats, dates, sugar, baking powder, and cracker crumbs. Fold in stiffly beaten

egg whites. Add vanilla extract. Place in greased baking dish set in pan of hot water. Bake for 20 minutes in slow oven (300° F). Serve with whipped cream.

Hot Fudge Pudding

1 cup flour	1/2 cup milk
2 tsp. baking powder	2 tbs. melted shortening
1/4 tsp. salt	1 cup chopped nut meats
3/4 cup white sugar	1 cup brown sugar
2 tbs. cocoa	4 tbs. cocoa
1 3/4 cups hot water	

Mix and sift flour, baking powder, salt, white sugar, and 2 tablespoons cocoa. Add milk and shortening and mix until smooth. Add nut meats. Spread in greased baking pan. Sprinkle with mixture of brown sugar and 4 tablespoons cocoa. Then pour hot water over batter. Bake 45 minutes in moderate oven (350° F). Cut in squares and invert on plates. Dip sauce from bottom of baking pan over each portion. Ice cream or whipped cream may be served with this pudding.

Lemon Dainty Pudding

3 tbs. shortening	2 eggs, separated
1/8 tsp. salt	1 cup milk
3/4 cup sugar	Juice and grated rind 1
2 tbs. flour	lemon

Cream shortening and blend in sugar and salt. Add flour, and blend until smooth and creamy. Add beaten egg yolks, milk, lemon juice and rind. Beat mixture until light and smooth. Fold in stiffly beaten egg whites. Place in greased baking dish set in pan of hot water. Bake until pudding is delicate brown. Pudding should be tender sponge on top, with golden-yellow sauce underneath. Pudding may be baked in individual molds, if desired.

Persimmon Pudding

1 cup persimmon pulp	1 tsp. vanilla extract
1 tbs. melted butter or margarine	Juice and grated rind 1 lemon
1 1/4 cups flour	Juice 1 orange
1 tsp. baking soda	1 cup sugar
1/2 cup milk	1 egg, well beaten
2 tbs. hot water	

Sift flour and baking soda and stir into persimmon pulp. Add milk, butter, and vanilla extract. Pour into well-greased pudding mold. Cover and steam for 2 hours. Into top of double boiler put beaten egg, lemon and orange juice, lemon rind, hot water, and sugar, and cook over boiling water until creamy. Serve this sauce hot over steaming persimmon pudding.

Spice Pudding

1/2 cup corn sirup	1 tsp. salt
1/2 cup molasses	1 tsp. cinnamon
1 cup sour milk	1/4 tsp. allspice
1 tsp. baking soda	1/2 tsp. nutmeg
1 egg, well beaten	1/2 cup seedless raisins
2 cups sifted flour	1/2 cup candied cherries
1 tsp. baking powder	1/2 cup figs, cut fine
1/2 cup melted shortening	

Into mixing bowl put sirup, molasses, milk in which baking soda has been dissolved, and beaten egg. Mix other dry ingredients together, sift over fruit, and mix thoroughly. Add to liquids and mix. Add shortening and pour into 2-quart mold. Cover tightly and steam for 3 hours. Serve with any desired sauce.

Lemon Sherbet

6 tbs. lemon juice	1/8 tsp. salt
2 tbs. orange juice	2 egg whites, stiffly beaten
1 cup sugar	1/2 cup cream, whipped
3/4 cup water	

Combine sugar, salt, and water and boil for 10 minutes.

Remove from heat and cool. Strain fruit juices, mix, and place in refrigerator to cool. When sirup is cool add to fruit juices. Fold in egg whites and whipped cream. Pour into refrigerator tray and freeze firm.

Baked Orange Soufflé

1/2 cup milk	1/2 cup sugar
Grated rind 1 orange	1 cup fine bread crumbs
Juice 2 oranges	without crust
2 eggs, separated	

Soak bread crumbs in milk. Add orange juice and rind. To beaten egg yolks add sugar and combine with crumb mixture. Add stiffly beaten egg whites. Fill greased custard cups 2/3 full. Set in pan containing hot water. Bake until firm in moderate oven (350° F). Serve with following:

GOLDEN SAUCE

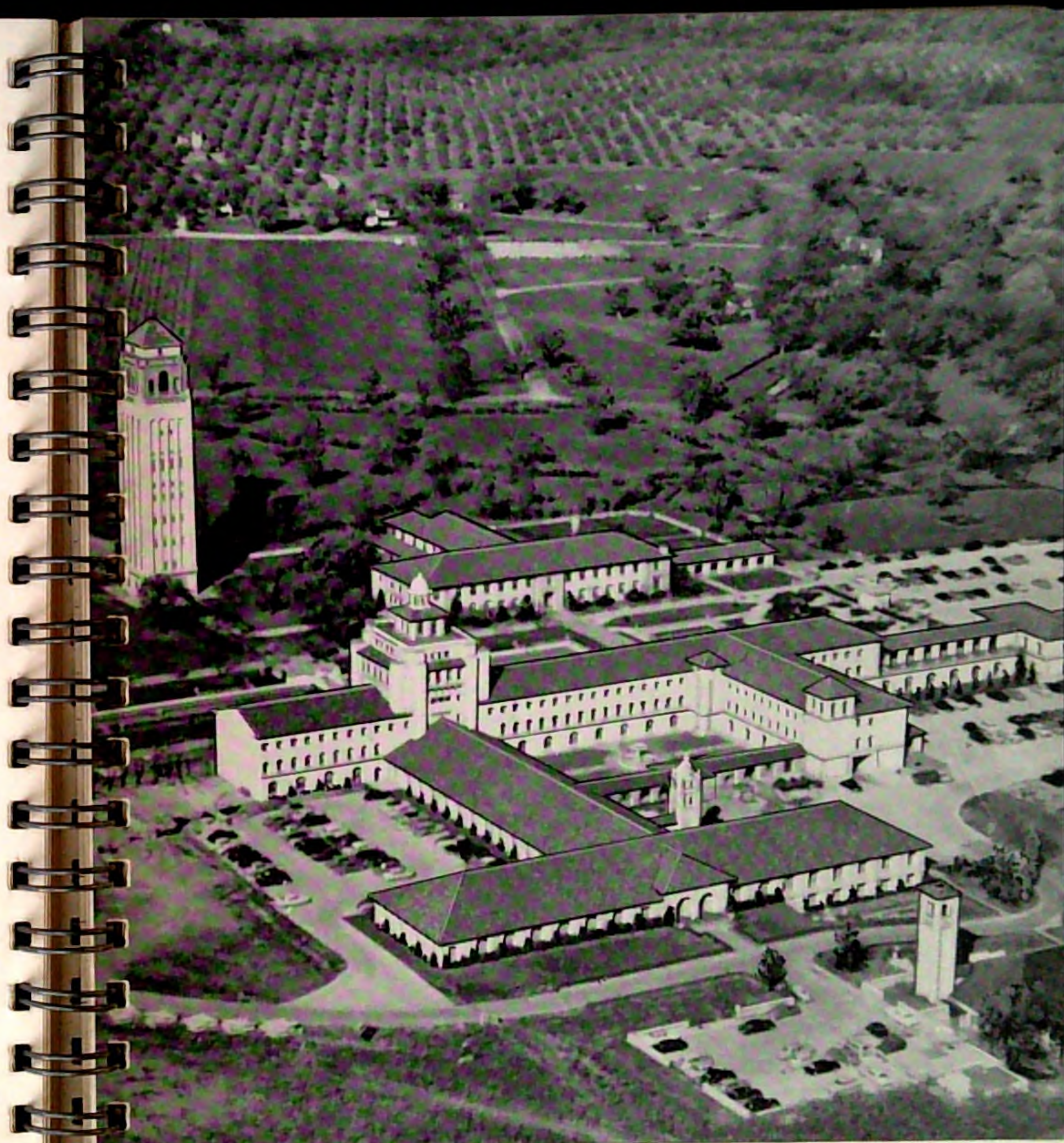
3 tbs. butter or margarine	1 egg yolk, well beaten
1/2 cup powdered sugar	2 tbs. orange juice
3 tbs. cream	

Cream butter. Add powdered sugar and cream thoroughly. Add beaten egg yolk. Add, alternately, orange juice and cream. Set bowl over hot water and stir mixture until smooth. Cool and serve with baked orange soufflé, bread pudding, or plum pudding.

Summer Dessert Waffles

2 1/2 cups cake flour	2 eggs, separated
2 tsp. sugar	1 1/2 cups milk
2 1/2 tsp. baking powder	2/3 cup melted shortening
Ice cream and fruit sauce	

Sift flour. Measure and sift again with baking powder and sugar. Combine beaten egg yolks, milk, and shortening. Add to flour, beating until smooth. Fold in stiffly beaten egg whites. Bake in hot waffle iron until delicate brown. Cool and serve in sections with ice cream and fruit-sauce topping.



Vista



Entrees

Eggplant and Proteena Casserole

2 eggplants	Vegetable stock or tomato
$\frac{1}{2}$ No. 2 $\frac{1}{2}$ can Proteena†	puree
1 finely chopped onion	$\frac{1}{4}$ cup vegetable oil
Salt and pepper to taste	$\frac{1}{4}$ cup bread crumbs
2 tbs. butter or margarine	

Pare eggplants and cut into $\frac{1}{2}$ -inch cubes. Parboil for 10 minutes and drain. Cut Proteena into small pieces. Have casserole well greased and place layer of eggplant in bottom, then layer of Proteena, then part of chopped onion. Repeat until casserole is nearly full. Over this pour stock or puree, which has been combined with vegetable oil. Add seasoning and sprinkle bread crumbs over top. Dot with butter. Cover and bake about 40 minutes in slow oven (300° F). During last 10 minutes of baking cover may be removed and oven temperature raised to 350° F in order to brown crumbs.

Rice Casserole

1 small onion, chopped fine	3 tbs. catsup
2 large green peppers	1 cup tomato juice
3 tbs. shortening	$\frac{1}{2}$ tsp. salt
3 cups cooked rice	$\frac{1}{8}$ tsp. pepper

Remove membrane and seeds from green peppers. Chop peppers fine and fry in shortening with onion until onion is golden brown. Combine with rice. Add remaining ingredients and blend thoroughly. Turn into

† Prepared protein

greased casserole and bake in moderate oven (350° F) about 30 minutes, or until firm.

Savory Nut Casserole

- | | |
|----------------------------------|---------------------------|
| 1 cup chopped celery | 3/4 cup chopped nut meats |
| 1 cup chopped parsley | 1 1/2 cups bread crumbs |
| 1 cup chopped onion | 1 cup canned tomatoes |
| 2 tbs. fat | Juice 1/2 lemon |
| Salt and pepper to taste | 2 eggs, well beaten |
| Buttered crumbs or grated cheese | |

Cook chopped vegetables in fat until slightly brown. Then combine all ingredients except beaten eggs and crumbs and mix well. Add eggs and blend. Place in well-greased casserole and top with buttered crumbs or grated cheese. Bake in moderately hot oven (325° F) for 30 minutes, or until delicately browned.

Chicketts with White Sauce

- | | |
|------------------------|----------------------|
| 1 No. 2 can Chicketts† | 2 tbs. flour |
| 1 egg, well beaten | 1/2 cup bread crumbs |
| 1/2 cup milk | Pinch of salt |
| 2 tbs. fat | |

Mix beaten egg and milk. Add salt. Dip Chicketts in flour, then in egg mixture, then in bread crumbs. Fry Chicketts in hot fat until nicely browned. Serve with medium white sauce.*

Unity Inn Chili

- | | |
|-------------------------------|------------------------------|
| 2 large onions, chopped | 1/2 cup vegetable oil |
| 1 cup chopped celery | 1 No. 2 can Glutenburger† |
| 1 tbs. chili powder | or other prepared protein |
| 1 tsp. salt | 1 No. 2 can mushrooms |
| Pinch of ground red pepper | 1 cup mashed tomatoes |
| | 1 small garlic clove, minced |
| 2 1/2 cups cooked chili beans | |

† Prepared protein

* Recipe given

Drain mushrooms, reserving liquid. Braise celery, onions, mushrooms, and garlic in vegetable oil for 30 minutes. Add Glutenburger and seasonings and let simmer for 1 1/2 hours. Add tomatoes, mushroom liquid, and chili beans. Let simmer for 2 hours longer.

Cheese Chops

- | | |
|------------------------------|--------------------------|
| 4 cups soft bread crumbs | 1 tsp. prepared mustard |
| 2 cups grated cheese | 4 tbs. shortening |
| 5 tbs. condensed tomato soup | 1 egg, slightly beaten |
| | Salt and pepper to taste |

Cracker crumbs

Mix cheese, soup, bread crumbs, egg, salt, pepper, and mustard. Shape into form of chops. Roll in cracker crumbs; brown on both sides in hot shortening. May be served with gravy, if desired.

Peanut-Butter Chops

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|--------------------------|-----------------------|
| 1/2 cup peanut butter | 1/2 tsp. salt |
| 1 cup hot, cooked rice | 1 egg, well beaten |
| 1/2 cup dry bread crumbs | 3 tbs. catsup |
| 1/2 tsp. celery salt | 1/2 tsp. grated onion |

Combine all ingredients and form into chops. Place in well-greased baking dish and bake for 15 or 20 minutes at 375° F, or until brown.

Vegetable Chop Suey

- | | |
|------------------------------|-----------------------------|
| 2 cups chopped onion | 1 small can bamboo shoots |
| 2 cups chopped celery | 1 small can water chestnuts |
| 1 No. 2 can button mushrooms | 1 cup soy sauce |
| 1 No. 2 can bean sprouts | 1 cup vegetable oil |
| | 1/3 cup cornstarch |

Boil celery in enough water to give 1 pint liquid when celery is done. Cook onion in hot vegetable oil for 5

minutes, but do not brown. Drain cooked celery, and cans of mushrooms, bean sprouts, bamboo shoots, and chestnuts, reserving liquid of each. Add drained ingredients and soy sauce to onion mixture. Combine liquids and bring to boil. To this mixture add cornstarch, which has been dissolved in a little cold water, and again bring to boiling point. Combine all ingredients and simmer slowly about 30 minutes. Serve over French fried noodles or boiled rice.

Egg Croquettes

6 hard-cooked eggs, chopped fine	2 tsp. chopped parsley
1 cup thick white sauce*	1/2 tsp. salt
1 tsp. grated onion	Few grains pepper
	1 cup fine bread crumbs
	1 egg, well beaten

Combine cooked eggs with white sauce, onion, parsley, salt, and pepper. Cool. Divide into portions and roll each portion to form croquette. Roll in bread crumbs, then in beaten egg, then again in crumbs. Fry in deep fat until golden brown. Serve with mushroom sauce.*

Potato Nut Croquettes

3 cups well-seasoned, mashed potatoes	2 egg yolks, well beaten
3/4 tsp. onion juice	1/2 cup chopped nut meats
2 tsp. minced parsley	1 egg, well beaten, for dipping
1/2 tsp. celery salt	Fine bread crumbs

Combine first six ingredients in order given, adding 1 tablespoon milk if mixture seems too thick. Shape into croquettes. Roll in bread crumbs, dip in beaten egg, then again in crumbs. Fry in hot, deep fat until golden brown. Serve with chestnut sauce.*

* Recipe given

Ripe-Olive Croquettes

1 cup chopped, ripe olives	1 tsp. salt
1/2 cup chopped nut meats	2 eggs, well beaten
1 slice onion, chopped	1 egg, well beaten, for dipping
1 1/2 cups soft bread crumbs	
1/8 tsp. pepper	Fine cracker crumbs

Combine all ingredients except beaten egg for dipping and cracker crumbs and mix well. Shape mixture into croquettes and dip in remaining egg. Then roll in cracker crumbs and fry in deep, hot fat for 2 to 3 minutes. (Makes 12 croquettes.)

Mushroom Cutlets

1 lb. fresh mushrooms	1 cup fresh bread crumbs
1 small onion	2 eggs, well beaten
1/2 lb. mixed celery, carrots, and green pepper, in equal amounts	1 additional egg yolk, well beaten
2 tbs. olive oil	Small clove garlic
	Salt and pepper to taste

Peel and chop mushrooms, onion, and garlic. Chop mixed vegetables fine and add to mushroom mixture, continuing to chop and to blend thoroughly. Add remaining ingredients. Mix thoroughly. Shape into 6 cutlets. Place in well-greased baking dish and bake in moderately hot oven (375° F) for 25 minutes, or until well heated and nicely browned.

Sweet-Potato Cutlets

1 1/2 cups mashed sweet potatoes	1 1/2 tsp. salt
1/2 cup peanut butter	1/4 tsp. pepper
2 tbs. flour	2 tbs. chili sauce
2 tbs. melted butter or margarine	1/2 cup milk
	1/2 cup crushed corn flakes

Mix sweet potatoes and peanut butter. Make sauce

of butter, flour, salt, pepper, and milk. Add to potato mixture with chili sauce. Beat well. Shape into cutlets, coat with corn flakes, and bake on greased baking sheet for 25 to 30 minutes in moderate oven (350° F).

Mushroom Dressing

3 cups stale bread cubes	1 tbs. Stox Soup Base†
1 cup corn-bread cubes	1 tsp. sage
3 cups cold water	1/2 cup ground onion
2 eggs, well beaten	1/2 cup ground celery
1 cup butter or margarine	1 cup mushrooms, fresh or
1/2 tsp. salt	canned
	1/2 tsp. pepper

Soak bread and corn-bread cubes in water. Add seasonings and soup base. Braise onion, celery, and mushrooms in butter over slow heat for 15 minutes. Combine with bread mixture. Add beaten eggs and mix well. Pour into well-greased casserole and bake in moderate oven (350° F) for 40 minutes, or until set. Serve with brown mushroom gravy.

Stuffed Baked Eggplant

1 large, solid eggplant	1 cup chopped celery
1/2 cup soft bread crumbs	1 cup canned tomatoes
1 tbs. grated onion	Salt to taste
3 tbs. finely chopped green pepper	3 tbs. melted butter or margarine
	1 egg, well beaten

Fry green pepper, onion, and celery in butter until tender. Steam or boil unpeeled eggplant until tender, or about 30 minutes. Cut in half lengthwise and carefully remove pulp. Cut pulp into small pieces. Mix well with tomatoes, beaten egg, and salt. Replace mixture in eggplant shells, sprinkle with crumbs, and dot with butter. Place in baking pan, adding sufficient

† Prepared protein

water to prevent sticking. Bake in moderate oven (350° F) for 20 to 25 minutes. Slice with very sharp knife and serve piping hot. Spanish sauce* may be served with eggplant, if desired.

Baked Eggs in Pepper Rings

4 large green-pepper rings, 1/2 inch thick	Salt and pepper to taste
4 eggs	4 tbs. milk
	Buttered bread crumbs

Cook pepper rings in lightly salted water for 5 minutes. Drain. Place rings in hot, greased, shallow baking dish. Break an egg into each ring. Sprinkle with salt and pepper. Pour 1 tablespoon milk over each egg. Cover with buttered crumbs. Bake in moderate oven (350° F) until eggs are of desired firmness. (Serves 4.)

Eggs in Cheese Sauce

6 hard-cooked eggs, halved lengthwise	1 tbs. butter or margarine
1 cup milk	1 cup grated American cheese
1 tbs. flour	Salt and pepper to taste

Arrange egg halves on platter. Make white sauce with butter, flour, milk, and seasonings. While sauce is hot, add cheese and blend well. Pour mixture over eggs. Sprinkle with paprika and serve hot.

Eggs Creole

3 tbs. chopped onion	1/3 cup uncooked rice
3 tbs. chopped green pepper	2 tbs. melted fat
per	1 1/2 cups cooked tomatoes
2/3 cup water	Salt and pepper to taste
	4 eggs

Cook onion and green pepper in fat in large frying pan until slightly browned. Add tomatoes and water and

* Recipe given

heat to boiling. Add rice, salt, and pepper. Cover and cook over low heat until rice is tender (25 to 30 minutes). Stir occasionally with fork to keep from sticking. If rice becomes dry, add a little more water. Drop eggs on rice, taking care not to break yolks. Cover and simmer for 5 to 10 minutes longer, or until eggs are as firm as desired. (Serves 4.)

Eggs Goldenrod

2 cups hot, cooked rice	2 tbs. flour
4 hard-cooked eggs	1/2 tsp. salt
2 tbs. butter or margarine	Dash of white pepper
1 cup milk	Parsley
Dash of paprika	

Make white sauce of butter, flour, and milk. Season with salt and pepper. Chop whites of eggs and add to sauce. Arrange rice in serving dish. Pour sauce over rice and top with egg yolks forced through ricer or coarse sieve. Garnish with paprika and parsley. (Serves 4.)

Poached-Egg Surprise

1 cup milk	2 tbs. chopped green pepper
2 tbs. shortening	4 slices toast
2 tbs. flour	Soft, sharp cheese
1/2 tsp. salt	4 eggs

Melt shortening; stir in flour and salt to make smooth paste. Add milk slowly and stir until smooth. Add green pepper. Spread toast thickly with cheese. Poach eggs until firm. Place on toast and pour hot sauce over all. (Serves 4.)

Scrambled Eggs with Cottage Cheese

1 tbs. fat	6 eggs, slightly beaten
1/2 tsp. salt	3/4 cup dry cottage cheese
1/4 cup milk	4 slices toast

Heat fat in frying pan. Stir salt and milk into eggs.

Pour into frying pan and cook slowly, stirring occasionally. When eggs are thickened mix in cottage cheese. Serve at once on toast. (Serves 4.)

Scrambled Eggs and Rice

4 eggs, well beaten	1/4 cup cooked rice
1 cup milk	1 tbs. grated cheese
Salt and pepper to taste	Pinch of curry powder

Mix beaten eggs, milk, and seasonings. Combine with rice. Add cheese and mix thoroughly. Turn into hot skillet and cook until eggs are set. Mixture may be shaped into patties if preferred. (Serves 3.)

Corn and Cheese Fondue

1/2 cup bread cubes	1/2 cup hot milk
1 1/2 cups cream-style corn	3/4 cup finely grated cheese
2 tsp. chopped green pepper	1/2 tsp. salt
	2 eggs, well beaten

Combine all ingredients. Pour mixture into greased loaf pan and set in pan of hot water. Bake at 350° F until set, or about 1 hour.

Chickett Fritters

1 cup diced Chicketts†	2 tbs. fat
1/2 cup diced celery	3 eggs, well beaten
1/2 cup diced onion	1 cup milk
1 tsp. Stox Soup Base†	1 cup flour
Salt and pepper to taste	3 tsp. baking powder

Combine Chicketts, celery, onion, soup base and other seasonings and braise in fat for 1 hour over low heat. Combine milk and beaten eggs, then add flour, which has been sifted with baking powder. Combine Chickett mixture with milk-and-egg mixture, beating well. Drop batter by tablespoon into deep fat and fry golden brown. Serve very hot with sirup or honey.

† Prepared protein

Scalloped Hominy with Cheese

1/2 lb. American cheese, grated	1 1/2 cups hominy
1 cup milk	Salt and pepper to taste
	2 tbs. butter or margarine
	2 eggs, well beaten

Combine all ingredients; pour into greased baking dish. Set in pan of hot water and bake in moderate oven (350° F) for 30 minutes, or until firm. (Serves 4.)

Carrot Loaf

2 cups cooked, mashed carrots	1 tbs. sugar
2 eggs, well beaten	1/2 tsp. salt
1/4 cup cream or evaporated milk	1/4 tsp. pepper

Combine all ingredients and mix thoroughly. Place in greased casserole or ring mold. Set in pan of hot water and bake for 45 minutes in moderate oven (350° F). Turn out on hot platter. Creamed mushrooms may be served over each portion; or if ring mold is used, center may be filled with any desired vegetable just before serving. (Serves 4.)

Cheese and Bean Loaf

1 lb. can kidney beans	Salt, pepper, paprika to taste
1/2 lb. American cheese	2 eggs, well beaten
1 chopped onion	2 tbs. melted butter or margarine
1 tbs. flour	Buttered bread crumbs
1 cup bread crumbs	

Drain beans and put through food chopper together with cheese. Cook onion in hot fat until golden brown. Combine all ingredients except bread crumbs. Mold into loaf. Moisten with melted butter and a little water. Roll in bread crumbs and pack in greased baking dish. Cover with buttered crumbs and bake in moderate oven (350° F) for 30 minutes. Serve with Spanish sauce.*

* Recipe given

Cheese Nut Loaf

2 small onions, chopped fine	1 1/2 cups chopped walnut meats
2 tbs. butter or margarine	Juice 1 lemon
1/2 cup water	3 eggs, well beaten
1 1/2 cups bran	Salt and pepper to taste
2 cups grated cheese	Buttered bread crumbs

Fry onions in butter until light brown. Add water and mix with bran. Add nut meats, cheese, lemon juice, seasoning, and beaten eggs. Toss together to mix. Turn into greased casserole, top with buttered crumbs, and bake until brown in hot oven (400° F). Serve with white sauce* flavored with peanut butter or with Creole sauce.*

Cottage-Cheese Loaf

2 cups cottage cheese	1/8 tsp. pepper
2 cups soft bread crumbs	1/2 tsp. onion juice
2 cups chopped nut meats	Juice 1 lemon
1 1/2 tsp. salt	2 tbs. butter or margarine

Combine all ingredients. Place in well-greased baking pan and bake in moderately hot oven (375° F) about 30 minutes. Serve with tomato sauce.*

Cottage-Cheese and Nut Loaf

1 cup dry cottage cheese	1 cup dry bread crumbs
1 cup chopped nut meats	2 tbs. finely chopped onion
1 tsp. lemon juice	1 tbs. butter or margarine
2 tbs. catsup or tomato juice	1 tsp. salt
1/4 tsp. white pepper	1/2 tsp. Worcestershire sauce

Combine all ingredients, mixing thoroughly. Put into well-greased baking dish and bake in moderately hot oven (375° F) for 40 minutes, or until brown.

* Recipe given

Kidney-Bean Loaf

2 cups cooked kidney beans, ground or mashed	3 eggs, well beaten
1 cup chopped nut meats	$\frac{1}{2}$ tsp. curry powder
$\frac{1}{2}$ tsp. sage	$\frac{1}{2}$ tsp. celery salt
	1 tsp. salt
3 tbs. tomato juice	

Combine all ingredients and bake in greased loaf pan in moderate oven (350° F) until set. May be served with gravy, Creole sauce,* or barbecue sauce.*

Nut Loaf

2 cups coarsely chopped walnut meats	$\frac{1}{2}$ tsp. pepper
2 cups grated cheese	4 tsp. chopped onion
1 cup bread crumbs	4 tbs. butter or margarine
1 cup cooked rice	$\frac{1}{2}$ tsp. salt
4 eggs, well beaten	2 tbs. lemon juice
	$1\frac{1}{2}$ cups hot milk

Heat butter in skillet and braise onion until slightly brown. Combine cheese, nut meats, salt, pepper, bread crumbs, rice, and milk and add to onion and butter. Mix lightly. Fold beaten eggs and lemon juice into mixture. Place in well-greased loaf pan and bake for 45 minutes in slow oven (300° F). Serve with chili sauce or Spanish sauce.*

Peanut Cheese Loaf

$\frac{2}{3}$ cup cooked oatmeal, wheat cereal, or rice	2 tsp. lemon juice
$\frac{1}{4}$ cup chopped green pepper	1 cup chopped, salted pea- nuts
3 tbs. minced onion	$\frac{2}{3}$ cup fine bread crumbs
1 tsp. salt	1 cup grated American cheese
1 egg, well beaten	$\frac{1}{3}$ cup milk

Combine all ingredients. Place mixture in greased loaf pan and bake in moderate oven (350° F) about 1 hour. Serve very hot with well-seasoned tomato sauce.*

* Recipe given

Vegetable Tamale Loaf

1 large onion, chopped	1 tbs. butter or margarine
1 clove garlic, chopped	1 tbs. salt
1 qt. tomatoes	$2\frac{1}{4}$ cups milk
1 No. 3 can corn or hominy	$1\frac{1}{2}$ cups yellow corn meal
1 tbs. chili powder	3 eggs, well beaten
3 tbs. vegetable oil	1 cup whole, ripe olives, pitted

Brown onion and garlic in a little shortening. Add tomatoes, corn, chili powder, vegetable oil, butter, and salt. Heat to boiling point. Add milk and corn meal, which have been mixed together. Cook for 10 minutes, stirring constantly. Remove from fire, beat in eggs, add olives, and turn into greased baking dish. Bake for 1 hour at 375° F.

Mushrooms à la King

$\frac{1}{2}$ lb. fresh or 1 No. 2 can mushrooms	$\frac{1}{3}$ cup brown sauce*
	3 tbs. grated cheese
2 tbs. butter or margarine	

If fresh mushrooms are used, clean, peel, and break into pieces. Fry mushrooms in butter for about 5 minutes. Add brown sauce and cook additional 5 minutes. Sprinkle cheese over top of mixture and allow to melt. Excellent served over green rice.* (If canned mushrooms are used, omit butter and add drained mushrooms to brown sauce. Heat thoroughly.) (Serves 4.)

Mushroom Puffs

2 tbs. flour	$\frac{1}{8}$ tsp. pepper
2 tbs. melted butter or margarine	2 tbs. fine cracker crumbs
$\frac{3}{4}$ tsp. curry powder	1 cup chopped mushrooms
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ tsp. salt
1 egg, slightly beaten	$1\frac{1}{2}$ tsp. Worcestershire sauce

Blend flour and curry powder in melted butter. Cook

* Recipe given

for 1 minute, stirring constantly until mixture is smooth and very thick. Remove from heat and add remaining ingredients. Allow to cool thoroughly. Form into small balls, roll in additional fine cracker crumbs, and fry in hot, deep fat (390°) until nicely browned. May be impaled on colored toothpicks and served hot as hors d'oeuvres. (Yields 2 dozen.)

Scalloped Noodle Dish

- | | |
|--------------------------------------|--------------------------------|
| 4 hard-cooked eggs, cut into eighths | 1 cup cooked, fine noodles |
| 1 cup finely cut American cheese | Buttered bread crumbs |
| | 1/2 cup stuffed olives, halved |
| | Salt to taste |

Combine all ingredients except buttered crumbs and place in well-greased casserole. Pour over this:

- 1 cup condensed cream-of-mushroom soup that has been thinned with 1/2 cup milk.

Mix all ingredients, using two forks to keep mixture light. Sprinkle top with buttered crumbs and bake in moderately hot oven (375° F) for 30 minutes, or until nicely browned. (Serves 4.)

French Omelet

- | | |
|-------------------|---------------------------|
| 4 eggs, separated | 1/4 tsp. each mace, lemon |
| 1 tbs. milk | juice, salt, and pepper |
| | 1 tbs. chopped parsley |

Beat egg yolks. Add salt, mace, lemon juice, pepper, and chopped parsley. Add milk. Beat egg whites stiff and fold into mixture. Cook for 10 minutes in skillet on top of stove over slow heat. Just before removing from heat fold half of omelet over on other half. For variation place fruit, jelly, cheese, or mushroom filling between halves. (Serves 2.)

Omelet Roll

- | | |
|---------------------|------------------------|
| 8 eggs, well beaten | 3/4 tsp. baking powder |
| 1 cup milk | 1/2 tsp. salt |

Combine eggs, baking powder, and salt. Add milk. Bake in well-greased square cake pan for 30 minutes in moderate oven (350° F). Remove from oven and place pan on wet cloth. When omelet loosens from pan turn out and roll up like jelly roll. Garnish with strips of pimiento, or add dash of paprika. Omelet may be served with cheese sauce* or Spanish sauce.*

Eggplant Oysters

- | | |
|---------------------------------|-----------------------------------|
| 2 cups cooked, mashed eggplant | 1 cup whole-wheat bread crumbs |
| 2 beaten egg yolks, for dipping | 1 tbs. melted butter or margarine |
| | Salt and pepper to taste |

Combine eggplant, bread crumbs, butter, salt, and pepper and form into oyster-shaped cakes with 2 tablespoons. Dip into beaten egg yolks, roll in additional whole-wheat bread crumbs. Place on greased baking sheet and bake in hot oven (400° F) until brown. Serve with slices of lemon and nut sauce made by adding chopped English walnut meats to a white sauce.*

Nurost Patties

- | | |
|-----------------------------|--------------------------|
| 1 No. 2 can Nurost† | 2 tbs. shortening |
| 1 small onion, chopped fine | 3 eggs, well beaten |
| | 1 cup dry bread crumbs |
| | Salt and pepper to taste |

Mix together Nurost, bread crumbs, onion, beaten eggs, and seasoning. Shape into firm, medium-sized patties.

* Recipe given

† Prepared protein

Melt shortening in hot skillet and fry patties until golden brown. Serve with brown gravy.* Smothered onions may be added, if desired.

Vegemeat-Burger Patties

- | | |
|-------------------------|--------------------------|
| 2 cups Vegemeat Burger† | 1/2 cup cracker crumbs |
| 3 eggs, well beaten | Salt and pepper to taste |
| 4 tbs. minced onion | 2 tbs. shortening |

Mix all ingredients except shortening. Shape into firm, medium-sized patties. Melt shortening in hot skillet and fry patties until golden brown. If preferred, this may be made into loaf and baked in greased pan. For loaf bake about 40 minutes in moderate oven (350° F). Serve with cream gravy,* brown mushroom gravy, or barbecue sauce.* (Serves 4.)

Italian Stuffed Peppers

- | | |
|-------------------------------|-------------------------------|
| 6 medium-sized green peppers | corn, and minced onion, mixed |
| 2 cups cooked rice | 1 tsp. salt |
| 4 tbs. butter or margarine | 3/4 cup sliced, ripe olives |
| 1 1/2 cups diced green beans, | 1/2 cup grated Italian cheese |
| 1 cup milk | |

Cut tops from peppers, remove seeds, and cover peppers with boiling water. Let stand 5 minutes, then drain. Melt butter in pan, add rice and vegetables, and cook until rice begins to brown slightly. Add salt, olives, and 2/3 of cheese. Add sufficient milk to make stuffing moist but not too wet. Stuff mixture into peppers. Stand peppers in baking dish and sprinkle with remaining cheese. Bake in moderately hot oven (375° F) for 30 minutes, or until peppers are tender.

* Recipe given

† Prepared protein

Chickett Pie

- | | |
|--|------------------------------------|
| 1 No. 2 can Chicketts† | 1/4 cup melted butter or margarine |
| 1 cup each diced, cooked carrots, potatoes, celery, onions | 1 tbs. Stox Soup Base† |
| 1 cup cooked peas | Liquid from Chicketts |
| 1 cup fine noodles, cooked and drained | Liquid from cooked vegetables |
| | Baking-powder biscuit dough |

Cut Chicketts in medium-sized pieces. Fry Chicketts in butter until golden brown. Add celery and onions and fry over slow heat until blended. Add other vegetables, noodles, and soup base. Make thin gravy from liquid saved from Chicketts and from vegetables. Fill individual casseroles 3/4 full of vegetable-and-Chickett mixture. Cover with gravy and place small round of baking-powder biscuit dough over top. Large casserole may be used, if desired, and mixture covered with pastry crust. Place in moderate oven (350° F) and bake until biscuits are done.

Mushroom Potato Pie

- | | |
|---|------------------------------|
| 3 tbs. butter or margarine | 4 cups cold, mashed potatoes |
| 3 cups coarsely chopped, peeled raw mushrooms | 1 egg, well beaten |
| 1 1/2 cups brown sauce* | Salt and pepper to taste |
| 1/2 cup grated American cheese | |

Chop mushrooms and fry in butter until brown. Add seasonings and brown sauce and place over slow heat. Combine mashed potatoes with beaten egg. Use part of potato mixture to cover sides and bottom of well-greased baking dish. Fill center with mushroom mixture. Cover top with remaining potatoes and sprinkle with cheese. Bake at 375° F for 30 minutes, or until brown on top.

† Prepared protein

* Recipe given

Vegetable Pie

- | | |
|---------------------------------|---------------------|
| 1/4 cup butter or margarine | 1 cup grated cheese |
| 1 small onion, chopped | 1 tbs. flour |
| 1 No. 2 can mixed vegetables | 1/2 tsp. salt |
| 1 1/2 cups hot, mashed potatoes | 1/8 tsp. pepper |
| | 1 egg, well beaten |

Fry onion in butter until tender. Add flour, salt, pepper, and can of mixed vegetables, including liquid, and mix well. Cook until mixture thickens, stirring constantly. Pour into greased baking dish. Add beaten egg to potatoes and beat until fluffy. Spread potatoes over vegetables and cover with cheese. Brown in hot oven (400° F). Fresh vegetables may be substituted for canned, mixed vegetables, using 2 1/2 cups to equal No. 2-size can. Cook them before combining with other ingredients.

Corn and Cheese Pudding

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|-----------------------------------|---------------------|
| 1 cup kernel corn | 2 tbs. sugar |
| 2 eggs, well beaten | 1/4 tsp. paprika |
| 2 tbs. flour | 1 tsp. salt |
| 2 tbs. melted butter or margarine | 3 chopped pimientos |
| | Grated cheese |

Mix all ingredients except cheese. Pack into greased baking dish or casserole. Cover with thin layer of grated cheese. Bake in moderate oven (350° F) about 30 minutes. (Serves 2.)

Tomato Rabbit

- | | |
|---------------------------------|----------------------------|
| 2 tbs. fat | 1 1/2 tbs. flour |
| 1/2 small onion, chopped | 1 1/2 cups cooked tomatoes |
| 1/3 cup finely cut celery | 1/2 tsp. salt |
| 1/2 small green pepper, chopped | 1 1/2 cups grated cheese |
| | 2 eggs, well beaten |

Melt fat in skillet. Add onion, celery, and green pepper

and cook for 8 to 10 minutes, or until tender, stirring frequently. Add flour and mix. Add tomatoes and salt. Cook until thickened, stirring often. Remove from heat, add cheese, and stir until melted. Stir some of mixture into beaten eggs. Pour back into skillet and cook until thickened, stirring occasionally. Serve on toast or crackers. (Serves 4.)

Scalloped Rice and Cheese

- | | |
|--------------------------------|------------------------------|
| 2 tbs. butter or margarine | 2 1/2 cups boiling water |
| 6 medium-sized onions, chopped | 2 cups condensed tomato soup |
| 1 1/2 cups uncooked rice | 1 chopped green pepper |
| 1 1/2 tsp. salt | 1 cup American cheese, diced |

Melt butter in skillet and fry onions in it until golden brown. Add rice, salt, and boiling water. Cook until rice is nearly tender. Add tomato soup. When rice has absorbed all the liquid gently stir in green pepper and cheese. Pour into well-greased baking dish and bake in moderate oven (350° F) about 15 minutes.

Rice and Mushrooms

- | | |
|-----------------------------|--------------------------------|
| 1 cup brown rice | 1 diced pimiento |
| 2 cups water | 1 cup diced mushrooms |
| 1 tsp. salt | 3/4 cup grated Parmesan cheese |
| 3 tbs. butter or margarine | 1/2 cup buttered bread crumbs |
| 1 large green pepper, diced | |
| 1/2 cup diced onion | 2 eggs, well beaten |

Wash rice thoroughly. Cook with salt and water in double boiler about 1 1/2 hours, or until tender. Heat butter in skillet and cook onion, green pepper, pimiento, and mushrooms in it for 5 minutes. Add to rice, together with beaten eggs. Blend thoroughly, then stir in

cheese. Turn into greased baking dish and sprinkle buttered crumbs over top. Bake at 350° F about 30 minutes, or until crumbs are nicely browned.

Rice and Vegetable Ring

1½ cups ground, raw carrots	1 cup cooked rice
1 cup ground, salted peanuts	1 cup milk
3 slices onion, ground	¼ tsp. salt
	Dash of pepper
	2 eggs, well beaten

Combine carrots, peanuts, and onion and mix lightly with rice. Add milk, salt, and pepper to beaten eggs and combine with rice mixture. Bake in well-greased ring mold in moderately hot oven (375° F) for 30 to 45 minutes. Unmold when ready to serve and fill center of ring with any desired creamed mixture.

Vegetarian Pot Roast

4 cups diced, stale bread	2 cups cooked brown beans
2 cups hot milk	4 tbs. flour
2 tbs. fat	2 eggs, slightly beaten
4 tbs. chopped onion	1 cup coarsely chopped nut meats
½ tsp. sage	
	Salt to taste

Put onion, sage, and fat in small saucepan and let simmer for few minutes, until onion is soft but not brown. Add salt and milk and bring to boil. Pour over bread. Sift flour into frying pan and stir constantly until brown. Add nut meats and continue stirring until nut meats are warmed through but not brown. Add beaten eggs to milk mixture and combine with browned flour and nut meats. Mix well. Drain beans and mash very fine. Add salt to taste and combine all ingredients, blending well. Pack in well-greased loaf pan and bake in moderately hot oven (375° F) until set and nicely

browned. Set aside for 30 minutes to cool partially. Then turn out in greased baking dish. Cover with a thin brown gravy* and bake additional 30 minutes, basting top occasionally with gravy. Serve with cranberry sauce or baked apple.

Vegetarian Roast with Yorkshire Pudding

2 cups bread crumbs	1 tsp. salt
1 cup peanut butter	1 cup mashed potatoes (leftovers may be used)
1 small finely chopped onion	2 eggs, well beaten
	½ tsp. savory

Mix all ingredients together and form into loaf. Bake in moderate oven (350° F) for 40 to 60 minutes, or until firm. This may be eaten hot or cold. Serve with Yorkshire pudding or tomato sauce.*

YORKSHIRE PUDDING

1 cup flour	1 cup rich milk
¼ tsp. salt	3 eggs, well beaten

Mix flour and salt. Add milk and eggs. Beat vigorously with rotary beater or electric mixer. Cover bottom of baking pan with shortening and heat. When shortening is hot pour ½-inch layer of batter over it and bake for 30 minutes in hot oven (425° F), or until pudding is brown, basting occasionally with some of hot fat that rises around sides of pudding. Cut into squares and serve very hot with roast.

Bean Sausages

2 cups cooked navy beans	Bread or cracker crumbs
⅔ cup small bread cubes	½ tsp. sage or savory seasoning
1 egg, well beaten	Salt and pepper to taste
Milk	

Mash beans and mix well with bread cubes and beaten

* Recipe given

egg. Add seasonings and moisten with milk, keeping mixture a consistency that will roll into form of sausages. Roll in bread crumbs and brown in a little hot fat, turning to form a good crust all over. Cook slowly about 20 minutes. Serve with cream gravy* or mushroom sauce.*

Egg and Potato Scallop

1 cup thin white sauce*	4 to 6 hard-cooked eggs,
1 tbs. chopped parsley	sliced
2 medium-sized, cooked potatoes, sliced	1 cup soft bread crumbs
	Salt and pepper to taste

To white sauce add parsley, salt, and pepper. Place alternate layers of potatoes and eggs in greased baking dish and cover with white sauce. Sprinkle with bread crumbs. Bake at 375° F for 15 to 20 minutes, or until bread crumbs are nicely browned. (Serves 4.)

Banana Scallops

8 bananas, peeled	1/2 cup fine bread crumbs
1 egg, well beaten	1 1/2 tsp. salt

Cut bananas in 1-inch slices and dip in mixture of egg and salt. Drain, then roll in bread crumbs. Fry in hot, deep fat for 2 minutes, or until brown. Drain on paper towel. Serve very hot.

Flamingo Soufflé

1 cup condensed tomato soup	4 eggs, separated
2 tbs. butter or margarine	3/4 tsp. salt
1 tbs. grated cheese	1/8 tsp. pepper
	3/4 cup soft bread crumbs

Combine and heat all ingredients except eggs. Remove from heat and add well-beaten egg yolks. Fold in stiffly beaten egg whites. Pour mixture into well-greased

* Recipe given

ring mold or loaf pan. Set in shallow pan of hot water and bake slowly at 325° F for about 1 hour. If ring mold is used, well-seasoned and drained canned peas may be poured in center of ring before serving.

Kidney-Bean Soufflé

3 cups cooked kidney beans	3 tbs. catsup
1 1/2 cups grated cheese	6 egg yolks, well beaten
Few grains cayenne	6 egg whites, stiffly beaten

Press kidney beans through coarse sieve. Add remaining ingredients except egg whites, folding them in last. Pour mixture into greased baking dish. Bake in moderate oven (350° F) until set (about 1 hour).

Mushroom Soufflé

1/2 lb. finely chopped fresh mushrooms	1/2 tsp. salt
3 tbs. melted butter or margarine	1/4 tsp. pepper
2 tbs. minced onion	2 tbs. minced parsley
2 tbs. flour	1/2 cup milk
	2 eggs yolks, well beaten
	1 tbs. lemon juice
3 egg whites, stiffly beaten	

To 1 tablespoon melted butter add mushrooms and onion. Cook over slow heat about 5 minutes, or until mushrooms are tender but not brown. In small saucepan stir flour, salt, and pepper into remaining butter. Blend well, then slowly stir in milk, and continue stirring over slow heat until mixture boils and is thick. Remove from heat. Add mushrooms, lemon juice, parsley, and beaten egg yolks. Fold in stiffly beaten egg whites. Pour mixture into greased baking dish and bake at 375° F for 30 to 35 minutes, or until firm but not dry. (Serves 4.)

Sweet-Potato Soufflé

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|---|----------------------------|
| 2 cups cooked, mashed
sweet potatoes | 2 tbs. butter or margarine |
| 1/2 cup scalded milk | 1/2 cup raisins |
| 1 tsp. nutmeg | 3 eggs, separated |
| | 1 cup chopped nut meats |
| | 2 tbs. brown sugar |

Press sweet potatoes through coarse sieve. Add brown sugar and butter to scalded milk. When butter is melted add mixture to sweet potatoes and beat until light. Add nutmeg, raisins, and nut meats, then well-beaten egg yolks. Fold in stiffly beaten egg whites and pour into buttered baking dish. Set dish in pan of hot water and bake in moderate oven (350° F) about 30 minutes. Serve hot.

Savory Spaghetti

- | | |
|--------------------------|---------------------------|
| 1 lb. spaghetti | 1 No. 2 can tomato puree |
| 3 minced onions | 1 No. 2 can tomatoes |
| 1 clove garlic, chopped | 1 No. 2 can prepared pro- |
| 1/2 cup vegetable oil | tein (Nurost, Gluten- |
| 3 eggs, well beaten | burger, or other) |
| Salt and pepper to taste | 1/2 cup bread crumbs |

Cook spaghetti in boiling salted water according to directions on package. Blanch in cold water and drain thoroughly. To make sauce, heat vegetable oil and braise onions and garlic in it. Add tomato puree, tomatoes, and seasonings. Cook slowly for 2 hours. Meanwhile, mix prepared protein, beaten eggs, additional seasonings, and crumbs. Shape into medium-size, firm balls and fry in hot skillet until nicely browned. Serve with spaghetti and pour tomato sauce liberally over all. If more seasoned blend is desired, cooked spaghetti may be combined with sauce and kept over low heat until served. Add protein balls just before serving and pour more sauce over top. Sprinkle with Parmesan cheese.

Twenty-Four-Hour Spaghetti

(An excellent one-dish meal)

- | | |
|-------------------------|--------------------------------|
| 6 small onions, sliced | 3 tbs. butter or margarine |
| 2 cloves garlic, minced | 1 No. 2 can mushrooms |
| 2 bay leaves | 1 small bottle stuffed olives, |
| 1 tbs. sugar | sliced |
| 1 qt. tomatoes | 3/4 lb. grated cheese |
| 3 cups cooked spaghetti | Salt and pepper to taste |

Cook onion in butter. Add garlic, tomatoes, sugar, salt, pepper, and bay leaves and cook until thickened. Remove bay leaves. Add spaghetti and cook slowly for 15 minutes. Remove from heat and add mushrooms, olives, and cheese. Put in greased casserole and store in refrigerator for 24 hours. Bake in moderate oven (350° F) for 45 minutes.

Unity Inn Special

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|------------------------------|-------------------------|
| 1 No. 2 can Chickettst† | 1 cup chopped onion |
| 1 No. 2 can mushrooms | 1/2 cup cooked peas |
| 1/2 cup butter or shortening | 1 tsp. salt |
| 1 cup chopped celery | 1/2 lb. noodles, cooked |
| | 1 cup grated cheese |

Drain Chicketts, reserving liquid. Braise celery and onion in butter in covered skillet. Cut mushrooms and Chicketts in small pieces and add, together with salt, to braised mixture. Continue cooking for 45 minutes over slow heat. Remove cover and cook until golden brown. Combine with drained noodles, peas, and Chickett liquid. Place in greased casserole, cover with cheese, and bake in moderate oven (350° F) for 15 to 20 minutes, or until cheese is melted. Overcooking will cause cheese to toughen.

† Prepared protein

Nut Steaks

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|---------------------------------|--------------------|
| 1½ cups chopped nut meats | 1 tsp. salt |
| 2 eggs, well beaten | ½ cup milk |
| 3 cups whole-wheat bread crumbs | ½ tsp. celery salt |
| | ½ tsp. mace |
| | Pepper to taste |

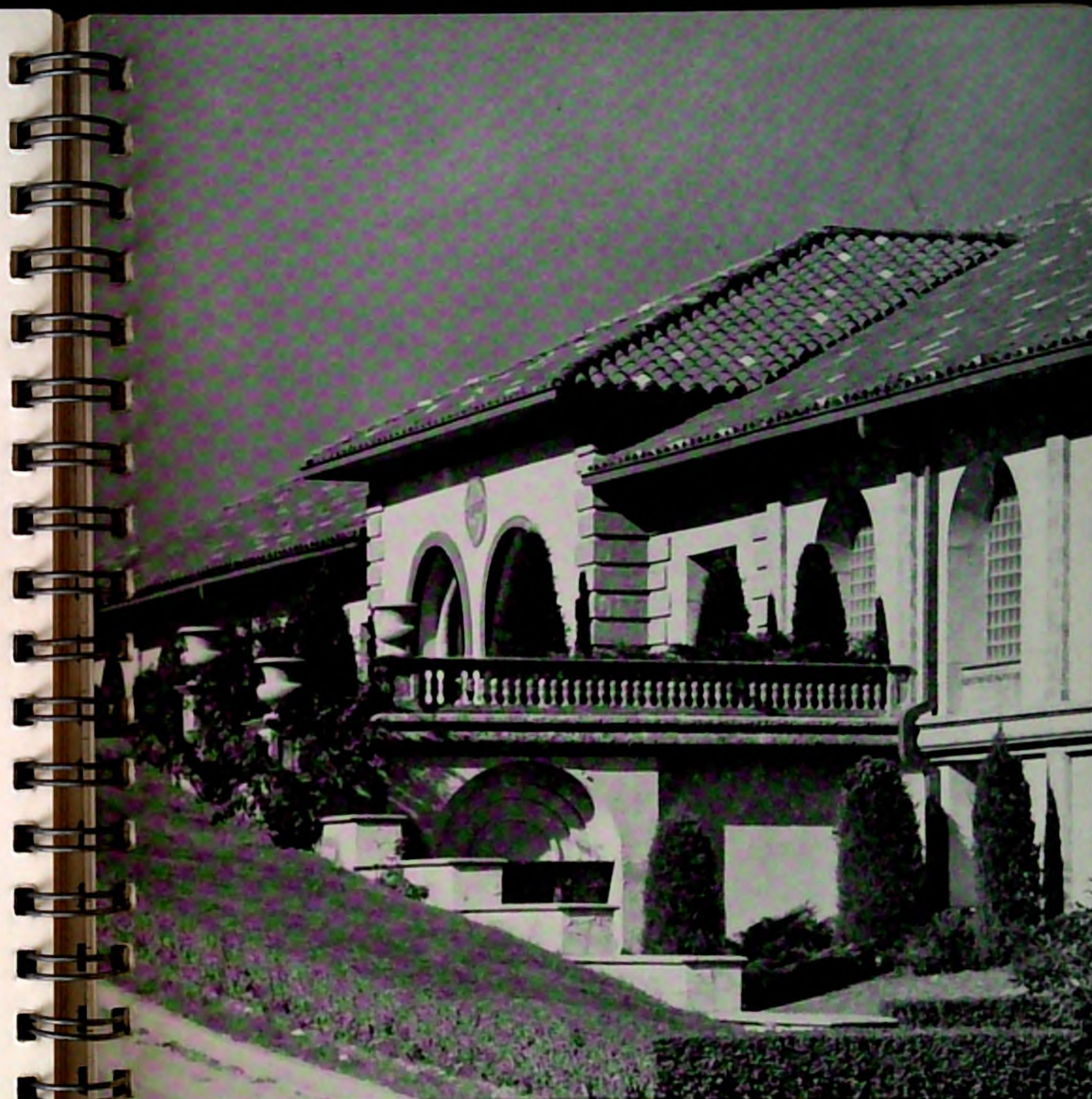
Combine all ingredients, using enough milk to make fairly stiff mixture. Let stand about 20 minutes. Shape into flat cakes ½ inch thick; brush with melted butter or shortening. Broil or brown in oven. May be served with barbecue sauce.*

Mock Turkey

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|-----------------------------------|---------------------|
| 2 cups chopped nut meats | 2 cups milk |
| 2 cups dry bread crumbs | 1 tsp. sage |
| 1 tbs. melted butter or margarine | 2 tsp. salt |
| | 4 eggs, well beaten |

Mix all ingredients, adding beaten eggs last. Pour into greased baking dish and bake for 15 minutes in very hot oven (450° F).

* Recipe given



Printing Building



Gravies, Salad Dressings, and Sauces



Unity Inn Brown Gravy

- | | |
|---------------------------|-----------------------------|
| 1 tbs. shortening | 4 tbs. Stox Soup Base† |
| 1 chopped onion | 4 tbs. flour and sufficient |
| 3 chopped celery stalks | water to make smooth |
| 1/2 tsp. caramel coloring | paste |
| 2 qts. water | Salt and pepper to taste |

Heat shortening; add onion, celery, soup base and other seasoning. Braise over slow heat about 30 minutes. Add caramel coloring and blend. Add water, stir, strain, and return to heat. Thicken with flour-and-water paste. Cook about 5 minutes, stirring constantly. Add chopped mushrooms, if desired.

Cream Gravy

- | | |
|----------------------------|--------------------------|
| 2 tbs. butter or margarine | 2 cups light cream |
| 2 heaping tbs. flour | Salt and pepper to taste |

Melt butter in skillet. Add flour, mixing to smooth paste. Do not brown. Add cream, stirring constantly to prevent lumping. Add seasonings to taste and allow to come to boil.

Creole Gravy

- | | |
|----------------------------|--------------------------|
| 1 tbs. butter or margarine | Leftover gravy |
| 1 chopped onion | Salt and pepper to taste |
| 1 chopped green pepper | Dash each of sage and |
| 1 cup canned tomatoes | cinnamon |

Melt butter, add onion and green pepper, and cook gently until onion is tender. Add tomatoes, gravy, and seasonings and simmer gently for 10 minutes or longer.

† Prepared protein

Peanut-Butter Gravy

1 tbs. flour	1 small onion, finely
1 heaping tbs. peanut butter	chopped
	Salt and pepper to taste

Boil onion in small amount of water. When onion is tender add enough water to make from 1 to 2 cups. While onion is cooking, blend peanut butter with a little water, continuing until mixture is smooth and thin enough to pour. Pour into onion and water and stir until boiling. Blend flour with a little water and thicken gravy to desired consistency. Add seasonings as desired and allow to come to boil.

Citrus-Fruit Dressing

1/2 cup orange juice	1/2 cup lime juice
1/2 cup lemon juice	1/2 tsp. grated onion
3/4 cup brown sugar or	1/4 tsp. salt
1/2 cup honey	1/2 tsp. celery salt
Dash of paprika	

Place ingredients in bottle or jar. Cover and shake well before using. This dressing may be served on fruit salads, plain head lettuce, or tossed salads.

French Dressing

1 cup condensed tomato soup	1/2 cup sugar
3/4 cup vinegar	1 tsp. paprika
1/2 cup vegetable oil	1 tsp. dry mustard
	1 small onion, quartered
1 clove garlic	

Mix all dry ingredients thoroughly. Put soup, vinegar, and vegetable oil into large bowl and beat about 5 minutes with electric mixer or rotary beater. Add dry ingredients slowly and continue beating for 5 minutes more. Put onion and garlic in quart jar and add dressing. Store in covered container in refrigerator.

French Honey Dressing

3/4 cup vegetable oil	1/2 cup honey
1/2 cup cider vinegar or	1/4 tsp. salt
1/2 cup lemon juice	1/2 tsp. prepared mustard
	1/2 tsp. celery seed

Combine all ingredients in bottle or jar. Cover and shake well. Store in refrigerator. Shake well before using.

Fruit Salad Dressing

1/2 cup sugar	Juice 1 lemon
2 tbs. cornstarch	1 cup heavy cream, whipped
1 egg, well beaten	1 tbs. sugar
1/2 cup pineapple juice	1 tsp. vanilla extract

Combine sugar, cornstarch, beaten egg, and juices and cook over boiling water until thick. Cool. To whipped cream add sugar and vanilla extract and fold into cooled, cooked mixture. Use as dressing for any fruit salad.

Honey-Lime Fruit Salad Dressing

1/3 cup strained honey	3/4 tsp. prepared mustard
1/3 cup strained lime juice	1/2 tsp. salt
1 cup vegetable oil	1/2 tsp. paprika
	1/4 tsp. grated lime rind

Combine all ingredients in fruit jar or bowl. Shake vigorously or beat with rotary beater. Chill before serving. Ideal with any fresh or canned fruit salad. This dressing may be stored for use as needed. Shake well before serving. (Makes about 1 1/2 cups.)

Lime Salad Dressing

1/4 cup lime juice	1/4 tsp. paprika
1/4 cup lemon juice	1/8 tsp. pepper
3/4 tsp. salt	1 tbs. sugar
3/4 cup vegetable oil	

Place all ingredients in large bottle or jar. Cover tightly and shake vigorously.

Mayonnaise

3/4 tsp. salt	3 tbs. cider vinegar
1 tsp. sugar	1 egg, well beaten
1 tsp. dry mustard	2 cups vegetable oil

Put salt, sugar, and mustard in mixing bowl; mix thoroughly. Add 1 tablespoon vinegar and stir well. Add beaten egg; beat until blended. Continue beating and add vegetable oil 1/4 teaspoon at a time until mixture thickens. Then add about half of remaining vegetable oil 1 teaspoon at a time; add last of vegetable oil 1 tablespoon at a time. Make sure that each addition of vegetable oil is thoroughly blended before next is added. Beat in gradually 2 remaining tablespoons vinegar. Store in covered glass jar. Refrigerate, but do not allow to get near freezing temperature or mayonnaise will separate. (Makes about 2 1/4 cups.)

Oil Dressing

1 cup cider vinegar	1/2 cup sugar
3/4 cup vegetable oil	1 tsp. salt
1 tsp. prepared mustard	1 tsp. paprika
1 tsp. celery seed	

Combine ingredients in bottle or jar. Cover and shake well. Store in refrigerator. Shake well before serving.

Potato Salad Dressing

2 tbs. flour	3 egg yolks, well beaten
1 tbs. sugar	1 cup water
1/2 cup cider vinegar	1/2 tsp. salt
1/2 tsp. prepared mustard	

Combine flour and sugar. Add vinegar slowly, stirring until mixture is smooth. Add other ingredients and cook in top of double boiler, stirring constantly, until mixture thickens. Chill. Dressing may be thinned with evaporated milk or light cream.

Roquefort Dressing

1 cup olive oil	1/2 tsp. paprika
1/4 lb. Roquefort cheese, mashed	1/2 tbs. salt
	1/2 tsp. sugar
1/2 cup lemon juice	

Mix salt, sugar, lemon juice, and paprika. Add olive oil and cheese and beat until smooth. Makes 6 1/3-cup portions for head-lettuce salad, or use as desired.

Roquefort and Pimiento Dressing

1/2 cup finely crumbled Roquefort cheese	1 tbs. finely chopped pi- miento
1 pt. French dressing*	

Blend crumbled Roquefort cheese with French dressing. Add pimiento. Blend mixture thoroughly and chill.

Sour-Cream Dressing

2 eggs, well beaten	1 tsp. dry mustard
2 tbs. flour	1/4 tsp. salt
1/2 cup cider vinegar	3/4 cup sugar
1 cup sour cream	

Combine salt, flour, sugar, and mustard. Add beaten eggs, vinegar, and sour cream. Blend thoroughly and cook in double boiler for 3 minutes, or until mixture thickens. Chill before serving.

Thousand Island Dressing

1 pt. mayonnaise*	2 tbs. finely chopped chives
2 hard-cooked eggs, coarse- ly chopped	1 cup chili sauce
1 finely chopped pimiento	1 finely chopped green pepper
1/2 pt. cream, whipped	

Combine mayonnaise, chopped eggs, green pepper, pimiento, and chives. Stir in chili sauce, then fold in whipped cream. Store in refrigerator.

* Recipe given

Tomato Supreme Dressing

- | | |
|-----------------------------|----------------------|
| 1 cup condensed tomato soup | 1/4 cup sugar |
| 1/2 cup vinegar | 1/2 onion, grated |
| 3/4 cup vegetable oil | 1 tsp. paprika |
| | 1/2 tsp. salt |
| | 1/2 tsp. dry mustard |

Beat ingredients for 15 minutes with rotary or electric beater. Store in refrigerator.

Water-Cress Butter

- | | |
|-----------------------------|---|
| 1/4 lb. butter or margarine | 1 tsp. each minced water cress, parsley, chives, and fennel |
| 1 tbs. flour | |
| 2 tbs. milk | |
- Salt, cayenne, and pepper to taste

Cream butter with flour. Place in double boiler with milk, salt, cayenne, and pepper. When smooth add other herbs. Blend and serve hot. Excellent on hot, diced beets or boiled, new potatoes.

Barbecue Sauce

- | | |
|-----------------------------|--------------------------|
| 1 cup vegetable oil | 2 tsp. liquid smoke |
| 2 chopped onions | 1 No. 2 can tomato puree |
| 1 tbs. celery seed | 8 chopped garlic cloves |
| 1/3 tsp. salt | 1 tsp. dry mustard |
| 2 tsp. Worcestershire sauce | Juice 1 lemon |

Braise onions and garlic in vegetable oil. Add celery seed, salt, mustard, Worcestershire sauce, and lemon juice. Blend. Then add tomato puree and liquid smoke. Simmer over low heat for 4 hours. This sauce may be served with prepared-protein entrees.

Brown Sauce

- | | |
|-----------------------------------|-----------------------|
| 2 tbs. melted butter or margarine | 1 cup vegetable stock |
| 3 tbs. flour | 1/2 tsp. salt |
| | Dash of pepper |

Add melted butter to flour and cook until well browned,

stirring frequently to prevent scorching. Gradually add stock combined with seasonings, bring to boiling point, and cook for 5 minutes.

Cheese Sauce

- | | |
|----------------------------|-----------------------|
| 2 tbs. butter or margarine | 1/4 cup grated cheese |
| 1 tbs. flour | Salt |
| 1 cup milk | Dash of white pepper |

Melt butter, add flour, and stir to smooth paste. Add milk and seasoning, mixing well. Cook slowly for 5 minutes, stirring constantly. Add cheese and remove immediately from fire. Blend thoroughly and serve hot as desired.

Chestnut Sauce

To 1 1/2 cups thin white sauce* add 1/2 cup cooked chestnut pulp pressed through sieve. Season with grated onion and serve hot over potato nut croquettes,* or pour over buttered Brussels sprouts or cauliflower.

Creole Sauce

- | | |
|---|----------------------------|
| 4 tbs. butter or margarine | Salt to taste |
| 1 large onion, sliced | 1 No. 2 can tomatoes |
| 1/2 cup sliced, fresh mushrooms | 1 cup vegetable stock |
| 1 large green pepper, sliced | Dash of pepper and cayenne |
| 1 1/2 doz. small green olives, stoned and quartered | Small bay leaf |
| | 1 clove, crushed |
| | Pinch of thyme |

Heat butter and cook onion and green pepper in it over moderate heat for 5 minutes, stirring occasionally. Add olives and mushrooms. Cook for another 5 minutes. Add vegetable stock, tomatoes, seasonings, and flavorings and simmer gently for 20 minutes.

* Recipe given

Hollandaise Sauce

1/2 cup butter or margarine	1/4 tsp. salt
4 egg yolks, well beaten	Dash of cayenne
2 tbs. lemon juice	1/4 cup boiling water

Divide butter into two portions. Place one portion in top of double boiler. Add beaten egg yolks and lemon juice and place over hot water (not boiling), stirring constantly until butter is melted. Add remaining butter and continue stirring until this butter also is melted. Add boiling water to mixture and cook, stirring constantly until thick. Remove from heat and season with salt and cayenne.

Horseradish Sauce

1/2 cup thick cream, sweet or sour	4 tbs. horseradish (freshly grated, if possible)
1/2 tsp. salt	Few drops Worcestershire sauce
1 tsp. sugar	

Whip cream, add salt and sugar, and gradually stir in horseradish. Add Worcestershire sauce.

Mushroom Sauce

4 tbs. butter or margarine	1/2 tsp. salt
3 tbs. flour	Salt and pepper to taste
1 1/2 cups milk	1 small can mushrooms

Melt butter, stir in flour, and add milk, blending thoroughly. Cook over medium heat about 10 minutes, stirring constantly. Add mushrooms and seasoning. Serve very hot.

Spanish Sauce

1 tbs. vegetable oil	1/2 cup chopped onion
2 cups tomato puree	1/2 tsp. salt
2 tbs. chopped green pepper	Dash of pepper
1 tbs. chopped parsley	1 tbs. flour
	Pinch of red pepper

Cook onion in vegetable oil about 5 minutes. Add

tomato puree, green pepper, parsley, and seasonings. Mix flour with a little cold water to make paste and add to mixture. Cook slowly to blend flavor. Chopped mushrooms may be added, if desired.

Tomato Sauce

1/2 can tomatoes (1 pt.)	3 tbs. flour
1 slice onion	1/2 tsp. salt
1/2 bay leaf	1/8 tsp. pepper
3 tbs. butter or margarine	1 tsp. sugar

Cook onion with tomatoes for 15 minutes. Rub through sieve. Blend butter, flour, and seasonings and cook for 5 minutes. Add tomato pulp and bring to boiling point. (Makes 2 cups.)

White Sauce

3 tbs. butter or margarine	1 cup milk or other liquid
3 tbs. flour	1/4 tsp. salt

Melt butter, add flour, and blend thoroughly. Add liquid gradually, stirring to avoid lumping. Add salt and heat mixture to boiling point, stirring constantly. This makes thick sauce. More liquid may be added if thinner sauce is desired.



Rose Garden



Autumn Salad

1 cup sliced, cooked carrots	1/2 cup chopped, ripe olives
1 cup cooked peas	1 minced onion
1/2 cup diced celery or chopped cabbage	French dressing*
	Salt and pepper to taste

Chill carrots and peas. Add celery, olives, and onion and marinate in French dressing, allowing to stand in refrigerator for 30 minutes. Drain, season with salt and pepper, and place in lettuce cups. Garnish with mayonnaise* and dash of paprika or sprig of parsley.

Avocado Salad

Halve avocados lengthwise and remove seeds. Peel. Cut in quarters or strips and combine with grapefruit or orange sections. Serve on water cress, endive, or lettuce leaves with French dressing.*

Variations: Combine quartered, fresh tomatoes with slices of avocado and cooked, cubed vegetables on salad greens. Serve with French dressing.* Hard-cooked egg may be added, if desired.

Combine sliced oranges; sliced, sweet Bermuda onion; and avocado slices with salad greens. Serve with French dressing.*

Avocados may be mashed, combined with few drops of lemon or onion juice, and spread on thin toast or crackers.

* Recipe given

Avocado Surprise Salad

Halve avocados lengthwise and remove seeds. Peel and fill each half with any soft cheese mixed with nut meats; chopped, ripe olives; chopped chives, and the like. Put halves together with toothpicks, wrap in waxed paper, and chill. When ready to serve slice avocado crosswise and place servings on lettuce-leaved individual salad plates. Serve with French dressing.*

Raw Beet Salad

- | | |
|--------------------------------------|--------------------------------|
| 2 cups finely shredded,
raw beets | 2 chopped, hard-cooked
eggs |
| 1 tsp. lemon juice | 3 tbs. mayonnaise* |
| | 1/4 tsp. salt |

Add lemon juice to beets and let stand in refrigerator for 2 hours. Mix eggs with mayonnaise. Add salt. Just before serving mix beets with egg and mayonnaise and serve on lettuce leaves. (Serves 4.)

Cream Cheese in Pepper Rings

- | | |
|----------------------------------|---------------------------|
| 2 3-oz. packages cream
cheese | 1/2 cup chopped nut meats |
| | 2 green peppers |

Combine nut meats with cream cheese, adding small amount of cream, if necessary, to blend. Slice tops from peppers and scoop out seeds and membranes. Fill peppers with cheese mixture, packing solidly. Slice peppers crosswise and place on lettuce leaves, making individual servings. Serve with French dressing* or mayonnaise.* Dash of paprika may be added.

Connoisseur's Salad

- | | |
|-----------------------------------|-----------------|
| 2 large, tart apples | 1 tsp. sugar |
| 2 bunches water cress | 1/2 tsp. salt |
| 1/2 cup olive or vegetable
oil | Pepper to taste |
| | Dash of paprika |
| 1 tbs. tarragon vinegar | |

* Recipe given

Peel, quarter, and core apples. Cut in thin slices. Shred water cress and combine with apples. Mix other ingredients with rotary beater and pour over salad. Toss lightly and serve on salad greens. (Serves 4.)

Egg and Water-Cress Salad

- 1 hard-cooked egg for each serving
Stuffed olives, thinly sliced
Water cress

Place fresh, chilled water cress on individual salad plates. Top with sliced egg, then with sliced olives. Serve with French dressing.*

Fruit and Date Salad

- | | |
|--------------------------------------|--|
| 1 small ripe, chilled pine-
apple | 1/3 cup chilled fruit salad
dressing* |
| 2 ripe bananas | 1/4 lb. dates, pitted and
chopped |
| 2 chilled oranges | |

Slice pineapple, peel slices, and cut into small wedges, discarding core of each slice. Peel and slice bananas and oranges and cut orange slices into quarters. Quickly combine oranges, pineapple, and bananas to prevent bananas from darkening. Add dates and salad dressing and mix gently. Drop lightly into lettuce or romaine cups on individual salad plates. (Serves 5.)

Frozen Fruit Salad

- | | |
|---|---------------------------------------|
| 1 8-oz. package cream
cheese | 1/2 pt. cream, whipped |
| 1 cup canned, pitted, white
cherries or 1 cup seeded
Tokay grapes | 1 No. 2 can shredded pine-
apple |
| | 1 cup canned, pitted, red
cherries |
| 1 cup mayonnaise* | |

Blend cream cheese and mayonnaise thoroughly and add to whipped cream. Fold in fruit and place in

* Recipe given

refrigerator tray, packing evenly. Freeze and serve thick, crosswise sections of salad on lettuce leaves. Salad dressing optional. May be used as dessert salad. (Serves 8.)

Basic Recipe for Gelatin Salads

To 1 cup Vega-jel[‡] add 2 cups boiling water and stir until dissolved. Add 3 cups cold water and mix well. Place in refrigerator to jell. Fruit, vegetables, cheese, nut meats, or other desired ingredients may be added when mixture is partially set. Vega-jel comes in popular fruit flavors and may be used in any recipe calling for flavored gelatin as base.

Golden Salad

- | | |
|------------------------------|--------------------------------|
| 2 cups grated, raw carrots | 1 chopped green pepper |
| 1/3 cup chopped walnut meats | 1/4 cup sliced, stuffed olives |
| 1/4 tsp. salt | 1 tsp. grated onion |
| | 1/4 cup mayonnaise* |

Mix all ingredients. Chill. Serve on lettuce.

Legume Salad Bowl

- | | |
|---------------------------------|--|
| 1 cup cut string beans | 2 small, pared, sliced turnips |
| 1 cup Brussels sprouts | Hearts of lettuce, sliced |
| 2 pared, sliced potatoes | 2 hard-cooked eggs, chilled and sliced |
| 1 cup new peas | |
| 2 scraped, sliced carrots | |
| French dressing* or mayonnaise* | |

Cook vegetables separately in boiling salted water. Drain and chill. Place vegetables, lettuce, eggs, and French dressing in large salad bowl. Mix with spoon and fork. Serve very cold with additional dressing.

[‡] A vegetable gelatin product

* Recipe given

Palm Beach Salad

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|--|-------------------------------------|
| 1 No. 2 can sliced pineapple | 1/4 cup maraschino cherries, halved |
| 1 No. 2 can sliced peaches or 1 No. 2 can apricot halves | 1 3-oz. package cream cheese |
| | 1 tbs. cream |

Soften cream cheese with cream and spread on pineapple slices. Place on crisp lettuce leaves, water cress, or endive. Dot cheese with maraschino-cherry halves. Garnish plate with sliced peaches or apricot halves. Serve with French dressing.*

Potato Salad with Caraway and Sour Cream

- | | |
|----------------------------|------------------------|
| 3 cups hot, cubed potatoes | 1/4 tsp. sugar |
| 1/4 cup minced green onion | 2 tbs. vinegar |
| 2 hard-cooked eggs, diced | 1 tsp. salt |
| 2 tbs. minced red radishes | 1/2 tsp. caraway seeds |
| 1/4 cup sour cream | 1/4 cup mayonnaise* |

Mix potatoes, onion, radishes, and eggs in salad bowl. Blend together remaining ingredients and add to potato mixture, mixing thoroughly. Cover and allow to stand for at least 30 minutes in refrigerator. Serve in crisp lettuce cups.

Creamed Slaw

- | | |
|----------------------------|-----------------------|
| 3 cups shredded cabbage | 1 cup heavy cream |
| 1 tbs. minced green pepper | 1/4 cup cider vinegar |
| 2 tbs. sugar | 1/4 tsp. salt |

Mix cabbage and green pepper in chilled mixing bowl. Dissolve sugar in cream. Combine with vegetables. Stir in vinegar and add salt. (Serves 4.)

* Recipe given

Hot Coleslaw

3 cups shredded cabbage ¼ cup cider vinegar plus
1 tbs. butter or margarine water to make ⅔ cup
1 egg, well beaten liquid
 ½ cup cream, sweet or sour

Heat butter, beaten egg, and vinegar-water solution in double boiler. Add cream and stir until mixture coats spoon. Pour hot sauce over cabbage just before serving.

Sombrero Salad

2½ cups dry cottage cheese
1 tsp. salt
½ cup pineapple juice
½ tsp. chili powder
6 slices pineapple
Green-pepper strips

Mix cottage cheese, pineapple juice, chili powder, and salt. Arrange lettuce leaves on individual salad plates. Place slice of pineapple on each. Mold cottage-cheese mixture into cones 2 inches in diameter at base and set one on each pineapple slice. Arrange green-pepper strips around cottage-cheese cones to resemble hatbands. Serve with any desired dressing.

Spinach Salad

4 cups shredded, raw spinach	1/2 tsp. salt
1/4 cup minced celery	1 tbs. lemon juice
3/4 cup minced onion	3/4 cup French dressing*
	4 hard-cooked eggs, sliced

Combine spinach, celery, onion, and chill well. Add lemon juice and salt to French dressing. Add eggs to spinach mixture. Pour on dressing and serve at once.

* Recipe given

Strawberry Cheese Salad

1/2 lb. cottage or cream
cheese
Thick cream
3 tbs. vegetable oil

3 tbs. honey
5 tbs. lemon juice
1/2 tsp. salt
1 pt. ripe strawberries

Beat cheese until smooth and creamy, adding sufficient cream to moisten slightly. Pack into greased heart-shaped mold and chill thoroughly. Combine vegetable oil, honey, lemon juice, and salt and blend thoroughly. Use a little of this dressing to marinate washed, hulled strawberries. Unmold cheese onto platter. Garnish with lettuce leaves. Arrange strawberries around heart and serve with remaining dressing.

Frozen Tomato Cream Salad

1 No. 2½ can tomatoes	1 stalk chopped celery
1 slice onion	½ cup chopped parsley
¼ tsp. crushed mint or	½ tsp. salt
basil leaves	½ tsp. paprika
½ cup cream, whipped	

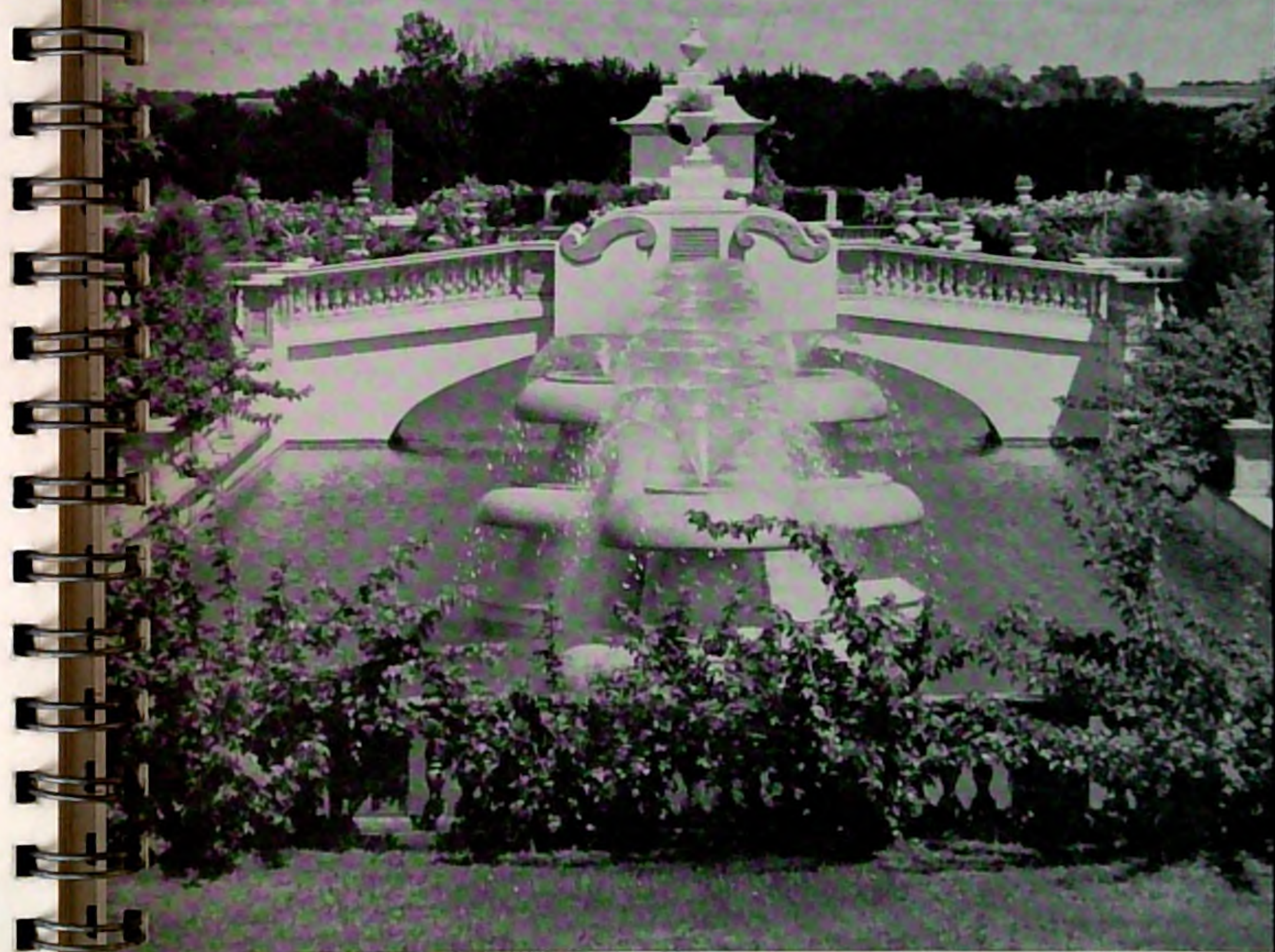
Cook together tomatoes, onion, celery, mint, parsley, and salt for 4 or 5 minutes, or until most of liquid is evaporated. Press through sieve. Let cool, then add paprika and whipped cream. Place in refrigerator tray and freeze. Cut in crosswise sections. Arrange on lettuce leaves and serve with desired dressing.

Waldorf Cantaloupe Salad

2 cups diced cantaloupe	1 cup minced celery
1 cup diced, fresh peaches	1/2 cup chopped nut meats
1 cup diced apples	1/4 cup French dressing*

Combine fruits and celery. Marinate in French dressing about 10 minutes. Drain off excess dressing. Add nut meats and serve on crisp lettuce leaves. Top with mayonnaise.*

* Recipe given



Mirror Pool





Avocado

To 1 cup sieved avocado pulp add 2 teaspoons lemon juice, $\frac{1}{2}$ teaspoon onion juice, and a dash of salt and paprika. Serve on rye bread.

Cottage Cheese

To 1 cup or more of cottage cheese the following combinations may be added:

1. Chopped olives, chopped green pepper, and onion juice.
2. Chopped figs, dates, and raisins.
3. Chopped green pepper, onion, pimiento, and salt.
4. Chopped dates and orange juice.

Cream Cheese

To 1 3-ounce package of cream cheese add any of the following combinations:

1. Chopped figs, chopped pimiento, and blanched, chopped almonds.
2. Soy sauce, salt, and pepper.
3. Canned apricot pulp.
4. Chopped pecans and shredded pineapple.
5. Chopped olives and nut meats.
6. Mashed bananas and peanut butter.
7. Orange marmalade.
8. Chopped maraschino cherries.

* Recipe given

Grated Cheese

Any of the following combinations may be worked into grated cheese:

1. Chopped nut meats and mayonnaise.*
2. Grape-Nuts, catsup, mustard, and paprika.
3. Chopped olives and mayonnaise.*

Roquefort Cheese

To desired amount of mashed Roquefort cheese add any of the following combinations:

1. Finely chopped celery or blanched almonds and a dash of Worcestershire sauce.
2. Chopped celery and mayonnaise,* or cream.
3. Chopped onion, celery, and cream.

Peanut Butter

To each cup of peanut butter add approximately 1/2 cup of solid ingredients:

1. Chopped, raw spinach and mayonnaise.*
2. Chopped dates and mayonnaise.*
3. Chili sauce and garnish of sliced dill pickle.
4. Fig jam and chopped nut meats, equal parts.
5. Chopped, preserved ginger and mayonnaise.*
6. Pare, core, and finely chop crisp apple to make 1 cup. Add 1 teaspoon lemon juice

* Recipe given

and moisten with equal quantities of mayonnaise* and peanut butter (about 4 tablespoons). Excellent on whole-wheat bread.

Prune Nut

1/2 cup sieved prune pulp, 1 teaspoon lemon juice, 1/2 cup ground nut meats, and few drops of almond extract. Combine all ingredients and serve on whole-wheat or cracked-wheat bread.

Vegetable

1. Baked beans, chili sauce, and chopped pickle.
2. Chopped water cress, cucumber, chives, and mayonnaise.*
3. Shredded, raw spinach, celery, hard-cooked eggs, and onion.
4. 1 cup grated, raw carrots, 1/2 cup chopped pickle, and mayonnaise.*
5. Chopped cabbage, chopped peanuts, and mayonnaise.*
6. Ground carrots, chopped, raw celery, chopped nut meats, and mayonnaise.*

* Recipe given



Unity Inn



Barley Soup

- | | |
|---------------------------------|---|
| $\frac{3}{4}$ cup pearl barley | $\frac{1}{2}$ cup cooked peas |
| 6 cups water | $\frac{3}{4}$ cup fresh or canned to-
matoes |
| $\frac{1}{2}$ cup diced carrots | $\frac{1}{8}$ lb. butter or margarine |
| $\frac{1}{2}$ cup diced onions | Salt and pepper to taste |
| $\frac{1}{2}$ cup diced celery | |

Cook barley in 3 cups water until tender. Drain and save barley water. Boil celery and onions together in remaining 3 cups water for 30 minutes. Add carrots and boil for another 30 minutes. Add peas and tomatoes. Simmer for 25 minutes. Add cooked barley, barley water, and butter. Season with salt and pepper. (Serves 8.)

Cream-of-Celery Soup

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|--|----------------------------|
| 3 stalks chopped celery, in-
cluding leaves | 1 cup milk |
| 1 slice onion, chopped | 3 tbs. flour |
| 1 cup thin cream | 3 tbs. butter or margarine |
| | Salt and pepper to taste |

Add milk to celery and onion and cook for 20 minutes over boiling water. Add butter and flour, which have been cooked together to smooth paste, stirring in slowly. Season. Add cream and heat to boiling point. Serve garnished with bits of finely chopped parsley.

Cheese Soup

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|----------------------------|---|
| 1 tbs. chopped onion | 3 cups milk |
| 1 tbs. butter or margarine | $\frac{3}{4}$ cup grated American
cheddar cheese |
| 1 tbs. flour | |

Melt butter. Add onion and cook slowly until onion

is yellow. Stir in flour, add milk, and bring to boiling point. Strain, add cheese, and stir until cheese melts. Serve sprinkled with paprika and tiny sprig of parsley on each bowl. (Serves 4.)

Corn Chowder

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|----------------------------|---------------------------------------|
| 2 cups cooked corn | 2 cups boiling water |
| 2 tbs. butter or margarine | 2 cups milk |
| 2 minced onions | $\frac{1}{2}$ tbs. flour blended with |
| 2 cups diced, raw potatoes | 2 tbs. water |
| 1 tsp. salt | $\frac{1}{8}$ tsp. pepper |

Melt butter in large saucepan. Add onion and sauté to golden brown. Add water and potatoes. When potatoes are tender add corn and milk. Bring to boil. Thicken with flour mixture. Season and serve.

Cream-of-Corn Soup

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|-------------------------|---------------------------|
| 2 cups milk | 2 cups cream-style corn |
| 1 tbs. shortening | $1\frac{1}{2}$ tbs. flour |
| 2 slices onion, chopped | Salt and pepper to taste |

Scald milk, with onion in it. Melt shortening in pan, blend flour with it, then gradually add scalded milk, stirring to prevent lumping. Add corn, salt, and pepper and pour mixture through sieve. Heat to boiling point. Beat with rotary beater just before serving.

Lima-Bean Soup

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|---------------------------------|----------------------------|
| 1 cup cooked lima beans | 3 small onions |
| 2 or 3 carrots | 1 tsp. salt |
| $\frac{1}{2}$ cup uncooked rice | 2 tbs. butter or margarine |

Cut carrots and onions into small pieces. Add rice and salt and cook in small amount of water until tender. Put lima beans through sieve and add this puree to foregoing mixture. Add butter. If soup is too thick, add a little hot water. Leftover lima or navy beans may be used in this recipe.

Cream-of-Lima-Bean Soup

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|------------------------------------|----------------------------|
| $\frac{1}{2}$ cup dried lima beans | 1 cup top milk |
| 3 cups cold water | 2 tbs. butter or margarine |
| 1 slice onion | 2 tbs. flour |
| $\frac{1}{2}$ carrot | $\frac{1}{2}$ tsp. salt |
| | $\frac{1}{4}$ tsp. pepper |

Soak beans overnight and drain. Add water. Cook beans until soft, then put beans and liquid in which they were cooked through sieve. This should make at least $1\frac{1}{2}$ cups bean puree. Cut vegetables in small pieces and cook for 5 minutes in butter. Add flour, salt, and pepper, stirring to a smooth paste. Stir into bean puree. Add milk, reheat, strain, and serve. (Serves 4.)

Cream-of-Mushroom Soup

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|--|--|
| 1 lb. fresh mushrooms | 2 tbs. flour |
| $\frac{1}{4}$ cup melted butter or margarine | 1 cup cream |
| 1 qt. milk | 2 cups fine noodles, cooked, drained, and blanched |
| 2 slices onion | $\frac{1}{2}$ tsp. salt |
| | Dash of pepper |

Soak and clean mushrooms. Chop them fine and sauté in 2 tablespoons butter for 10 minutes. Heat milk and onion together in double boiler. Blend remaining butter with flour, add to milk, and cook until thick. Remove and discard onion. Stir in mushrooms, cream, salt, and pepper. Add noodles. Reheat. Sprinkle with chopped parsley before serving. (Serves 8.)

Oyster-Plant Soup (Salsify)

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|--------------------------------|----------------------------|
| 1 bunch oyster plant (salsify) | Pinch of baking soda |
| 1 onion | 2 tbs. butter or margarine |
| 2 stalks celery | 1 cup milk |
| 2 tomatoes | $\frac{1}{4}$ tsp. salt |
| | Dash of pepper |

Wash and scrape oyster plant and cut into thin slices.

Slice onion, celery, and tomatoes and add to oyster plant. Cover with water and simmer for 2 hours. Press through colander, discarding pulp. To soup stock add baking soda, then milk, butter, and seasoning. (Serves 4.)

Dried Green-Pea Soup

2 cups dried green peas	1 grated onion
2 qts. cold water	2 tbs. butter or margarine
1/3 cup chopped celery	1/2 tsp. salt
Dash of Pepper	

Cover peas with water and soak overnight. Cook in same water until tender. Add celery and onion during last hour of cooking. Soup should be thick when done and may be strained, if desired. Add butter, salt, and pepper just before serving.

Cream-of-Spinach Soup

1 cup raw spinach	3 cups milk
3 tbs. butter or margarine	2 pimientos
2 tbs. flour	1/4 tsp. salt

Melt butter, blend in flour, add salt and milk, stirring constantly until mixture boils. Chop spinach fine, cut up pimientos, and add to hot soup. Let simmer for 1 minute and serve. Sprinkle nutmeg over each serving. (Serves 4.)

Vegetable Broth

Tops and leaves 1 bunch	1 small bunch parsley
celery	6 green beans
1 tomato	1 green pepper
1 potato	1/2 tsp. Stox Soup Base†
1 onion	4 qts. water
1 carrot	Vegetable salt to taste

Combine all ingredients and cook slowly for 2 hours.

† Prepared protein

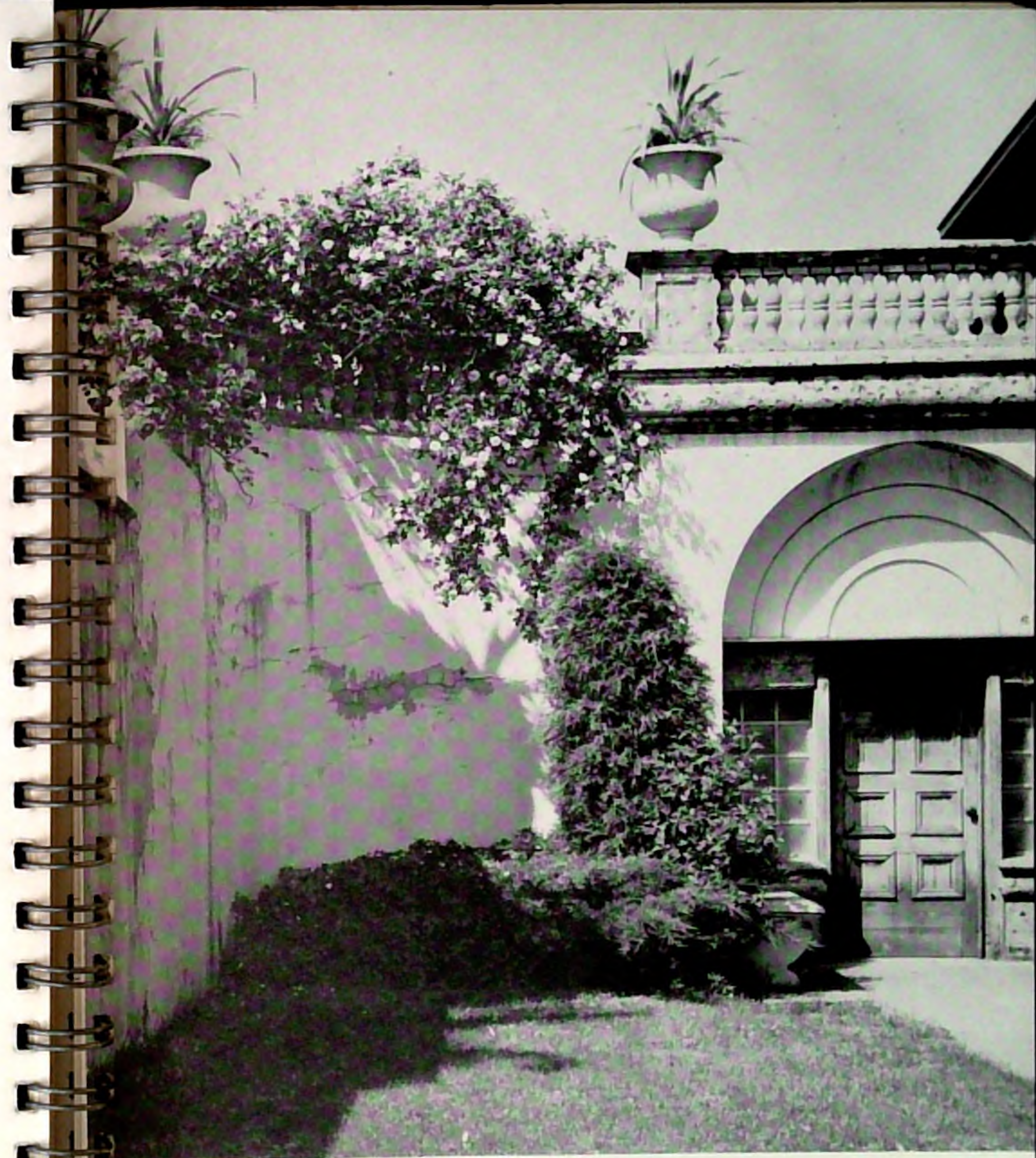
Strain. This recipe makes about 1 quart clear broth and may be increased proportionately.

Unity Inn Vegetable Soup

4 stalks celery	1 tbs. Stox Soup Base†
4 onions	2 tbs. butter or margarine
2 carrots	1 No. 2 1/2 can tomatoes
4 potatoes	4 qts. water

Wash and dice celery, onions, carrots, and potatoes. Braise vegetables and soup base in butter for 30 minutes, using large heavy kettle or Dutch oven. Add tomatoes and water and stir well. Simmer slowly over low heat for 1 1/2 hours. (Serves 8 to 12.)

† Prepared protein



A Friendly Door



Green Beans with Mustard

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|--------------------------|-----------------------------|
| 1 lb. green string beans | $\frac{3}{4}$ cup rich milk |
| 1 tsp. salt | 1 tbs. prepared mustard |
| 1 egg yolk, well beaten | 2 tsp. butter or margarine |
| | 2 tsp. vinegar |

Cut ends from washed beans. Slice beans lengthwise and cook in boiling, salted water, partly covered, until tender (about 25 minutes). Bring milk to boil. Mix beaten egg yolk and mustard and add milk. Cook in double boiler until thick. Add beans, vinegar, salt, butter, and additional seasoning, if needed. Let cook until sauce thickens, stirring constantly. Sauce should be slightly curdled.

Baked Lima Beans in Tomato Sauce

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|-------------------------|---------------------------------|
| 1 cup dried lima beans | $\frac{1}{2}$ cup chopped onion |
| $\frac{3}{4}$ tsp. salt | 2 tbs. butter or margarine |
| 1 cup cooked tomatoes | Buttered bread crumbs |

Soak beans overnight and drain. Add $\frac{1}{2}$ teaspoon salt and 2 cups water to beans and simmer for 30 minutes. Drain. Cook onion in butter for a few minutes. Add tomatoes and remaining salt and mix with beans. Place in baking dish. Sprinkle buttered crumbs over top and bake until beans are tender.

String Beans in Tomato Sauce

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|----------------------------|-----------------------------------|
| 2 chopped onions | 2 cloves |
| 2 tbs. butter or margarine | 2 tbs. sugar |
| 2 cups tomato juice | 1 lb. string beans, cut in pieces |
| 1 tsp. salt | $\frac{1}{4}$ tsp. pepper |

Sauté onion in butter until light brown. Add all other ingredients except beans and bring to boil. Add beans and cook until tender.

Beets in Orange Sauce

4 tbs. lemon juice	1/8 tsp. nutmeg
3 tbs. grated orange rind	1/2 cup brown sugar
1 tbs. flour	1/3 cup butter or margarine
1/3 tsp. salt	3 cups cooked, sliced beets

Put orange rind and lemon juice in top of double boiler. Stir in flour, salt, nutmeg, and brown sugar. Blend until smooth. Cook over boiling water, stirring constantly, until mixture thickens. Add butter and stir until it melts. Add beets to this mixture and allow to heat through. Serve immediately.

Stuffed Beets

6 small, whole beets, cooked	1 hard-cooked egg chopped
	2 chopped sweet pickles
1/4 cup French dressing*	1/8 tsp. dry mustard
	Salt and pepper to taste

Allow beets to stand in French dressing for several hours. Combine remaining ingredients, working into smooth paste. Scoop hollows from beets and fill with paste. Serve very cold.

Baked Cabbage with Cheese

1 cup grated cheese	2 cups medium white
1 medium-sized head cabbage	sauce*
	1/2 cup fine bread crumbs

Cut cabbage fine and boil in salted water for 10 minutes. Drain and put in greased baking dish. Cover with white sauce, add cheese, and sprinkle bread crumbs over top. Bake at 350° F for 30 minutes.

* Recipe given

Norwegian Creamed Cabbage

3 cups shredded, raw cabbage	1/2 cup sour cream
	1 tsp. salt
	1/2 tsp. caraway seed

Combine ingredients in top of double boiler and cook uncovered over boiling water for 10 minutes.

Carrots au Gratin

3 cups grated, raw carrots	1/2 cup grated cheese
1 pt. medium white sauce*	Salt and pepper to taste

Parboil carrots for 5 minutes. Drain. Place in greased baking dish in layers alternately with cheese. Add seasonings to white sauce and pour over entire mixture. Sprinkle mixture with additional grated cheese. Bake for 30 minutes in moderate oven (350° F).

French Fried Carrots

Carrots	1/2 cup milk
1/2 cup corn meal	2 tsp. baking powder
1/2 cup flour	1 egg, well beaten
	1/2 tsp. salt

Sift dry ingredients together. Add milk and beaten egg and mix until smooth. Cut crisp, tender carrots into long strips. Dip in batter and fry in deep, hot fat until brown.

Spiced Carrots

Carrots	2 tbs. vinegar
1/4 cup butter or margarine	4 or 5 whole cloves
2 tbs. sugar	Salt and pepper to taste

Steam or boil young, whole carrots until tender. Mix together butter, sugar, vinegar, and cloves and bring to boil. Remove cloves and pour sauce over hot carrots. Season with salt and pepper.

* Recipe given

Carrots and Squash

- | | |
|----------------------|--------------------------------|
| 2 lbs. summer squash | 8 diced, cooked carrots |
| 2 tbs. flour | 1/2 cup grated American cheese |
| 2 tbs. shortening | Salt and pepper to taste |
| 1 cup milk | |

Clean squash, scooping out center. Steam until tender. Make sauce of shortening, flour, and milk and cook until thickened, stirring constantly. Stir in half of cheese and cook for 5 minutes more. Add carrots and seasonings. Fill squash centers with this mixture and sprinkle with remaining cheese. Bake in hot oven (400° F) until cheese melts and browns (about 15 minutes).

Italian Cauliflower

- | | |
|----------------------------------|------------------------------|
| 1 cauliflower, cut into 6 pieces | 6 mushrooms, cut into pieces |
| 2 tbs. butter or margarine | 2 egg yolks, well beaten |
| 2 tbs. flour | Salt and pepper to taste |
| 1 cup cauliflower cooking water | 1 tbs. lemon juice |
| | 6 slices hot, buttered toast |

Cook cauliflower pieces in boiling, salted water until tender and drain. Place slices of toast on large platter and arrange servings of cauliflower on toast. Keep hot. Make white sauce, using butter, flour, and cauliflower water. Add mushrooms and cook for 5 minutes. Remove from heat, stir in beaten egg yolks, add seasonings and lemon juice, and pour mixture over and around cauliflower.

Corn Oysters

- | | |
|--|-------------------------------------|
| 2 cups corn pulp (about 8 ears fresh corn) | 1/4 tsp. white pepper |
| 2 eggs, separated | 1/4 tbs. melted butter or margarine |
| 1 tsp. salt | 1/4 cup sifted flour |

Fresh corn should be used. Slit kernels and scrape with

back of knife, pressing out pulp. Add salt to egg whites and beat until stiff. Beat egg yolks until thick and lemon colored. Combine corn, beaten egg yolks, flour, butter, and pepper and stir until smooth. Fold in stiffly beaten egg whites. Drop by tablespoonfuls into well-greased skillet. Cook on both sides until well browned.

Eggplant and Okra

- | | |
|-------------------------|-------------------------------|
| 1 medium-sized eggplant | 1 tbs. butter or margarine |
| 1 dozen large okra | 1 tsp. salt |
| 1 medium-sized onion | 1/8 tsp. pepper |
| 2 large tomatoes | 2 tbs. finely chopped parsley |

Peel eggplant and cut into small pieces. Wash okra, cut off ends, and slice thinly. Peel and slice onion. Peel and quarter tomatoes. Put all together in saucepan and simmer gently over slow heat, stirring occasionally. Add butter, seasonings, and parsley. Cover and simmer until thoroughly blended and tender (about 40 minutes). This dish may be prepared in greased casserole and baked in moderate oven (350° F) for about 1 hour. Serve piping hot. (Serves 4.)

Eggplant Royal

- | | |
|---|-----------------------------|
| 1 medium-sized eggplant | 1/2 cup butter or margarine |
| 1 egg, beaten with 1 tbs. water | 1 minced onion |
| 12 soda crackers, rolled in- to fine crumbs | 2 cups canned tomatoes |
| | 1 tsp. salt |
| | 1/8 tsp. pepper |
| | 1/3 cup grated cheese |

Peel eggplant and cut into 1/2-inch slices crosswise. Dip each slice in egg mixture, then in cracker crumbs. Fry eggplant in butter until brown on both sides, turning once. Remove slices. Then brown onion in frying pan. Add tomatoes and seasonings. Arrange layers of

eggplant slices and cracker crumbs in greased baking dish. Cover with tomato mixture and top with cheese. Bake about 30 minutes in hot oven (425° F).

Hominy Fritters

1 cup flour	1/2 cup milk
1/4 tsp. salt	2 tbs. melted shortening
2 egg yolks, well beaten	1 cup hominy

Sift flour and salt. Combine beaten egg yolks with milk and add to flour gradually, beating to smooth batter. Add shortening, then hominy. Fry to golden brown on hot griddle.

Baked Okra, Tomatoes, and Rice

1 qt. young okra	1 1/2 tsp. salt
1 qt. cooked tomatoes	1/8 tsp. curry powder
1/4 cup uncooked rice	1/8 tsp. pepper

Wash okra and cut off tips and stems. Then cut into thin slices. Into bottom of greased baking dish sprinkle 1 tablespoon washed rice. Cover with layer of sliced okra, then layer of tomatoes. Season with salt, curry powder, and pepper and dot with butter. Repeat layers until all ingredients are used. Cover and bake in moderately slow oven (325° F) until rice is tender (about 45 minutes). Remove cover last few minutes of baking time to allow top to brown slightly.

Scalloped Okra and Corn

3 cups sliced, young okra	1/8 tsp. pepper
4 tbs. shortening	2 tbs. flour
2 cups canned corn	1 cup milk
1 tsp. salt	1/4 lb. sharp cheese, grated
1 cup fine bread crumbs	

Fry okra in 2 tablespoons shortening for 10 minutes, stirring frequently. Make cream sauce of remaining 2 tablespoons shortening, flour, and milk. Season with

salt and pepper. Stir in cheese and continue stirring until cheese has melted. Place alternate layers of corn and okra in greased baking dish. Pour sauce over vegetables and cover with bread crumbs. Bake in moderate oven (350° F) until hot and bread crumbs are brown.

Deviled Onions

6 large onions	1 1/2 tbs. chopped parsley or chervil
3 hard-cooked egg yolks, mashed	1 cup medium white sauce*
1/2 tsp. salt	Buttered bread crumbs

Boil onions until tender. Chop fine. Add egg yolks, parsley, salt, and white sauce. Pour into individual greased baking dishes. Cover with buttered crumbs. Brown under medium broiler heat.

French Fried Onion Rings

Bermuda onions, medium sized	2/3 cup corn meal
Milk	1/3 cup flour
	1/2 tsp. salt

Peel onions and slice crosswise into 1/4-inch slices. Separate rings carefully and soak in milk for 15 minutes. Combine corn meal, flour, and salt. Drain onion rings and roll in corn-meal mixture. Fry in deep, hot fat for 2 minutes, or until delicately browned. Drain on absorbent paper.

For thicker coated rings make batter of:

1/2 cup corn meal	2 tsp. baking powder
1/2 cup flour	1 egg, well beaten
1/2 tsp. salt	1/2 cup milk

Stir and blend ingredients thoroughly. Dip individual rings in this mixture and fry in deep fat. When light brown drain on absorbent paper.

* Recipe given

Parsnip Croquettes

- | | |
|-------------------------|----------------------------|
| 1½ cups mashed parsnips | 1 tsp. grated onion |
| ¾ cup mushrooms, | 1 tsp. minced parsley |
| chopped fine | ½ cup thick white sauce* |
| 1 cup mashed potatoes | 1 tbs. butter or margarine |
| 1 egg, well beaten | Bread crumbs |

Egg for dipping

Mix all ingredients except last two in order given. Chill. Shape into croquettes. Roll in beaten egg and bread crumbs and fry in hot, deep fat until light brown. Drain on absorbent paper and serve hot with tomato sauce* or garnish with sliced lemon and water cress.

Scalloped Parsnips and Cheese

- | | |
|--------------------------------------|------------------------------|
| 2 lbs. parsnips | 1 tsp. salt |
| ½ cup bread crumbs | ⅛ tsp. white pepper |
| 1 medium-sized green pepper, chopped | ½ cup mild cheese, grated |
| 1 small onion, grated | 3 tbs. buttered bread crumbs |
| 1 tbs. minced parsley | 2 cups medium white sauce* |

Steam parsnips until tender. Drain and peel. Remove core and cut into small cubes. Place in greased baking dish in layers, first parsnips, then bread crumbs, then green pepper mixed with onion, parsley, and seasonings. Repeat, making two layers of each. Over this mixture pour white sauce. Mix cheese with buttered crumbs and cover top of dish. Bake for 30 minutes at 350° F.

Plymouth Peas

- | | |
|----------------------------|-----------------------------|
| 1 No. 2 can peas | 1 tbs. chopped green pepper |
| 1 tbs. butter or margarine | 1 tbs. chopped onion |
| 3 tbs. chopped celery | Salt and pepper to taste |

Cook celery, green pepper, and onion in liquid drained from peas. When tender add peas, butter, and

* Recipe given

seasonings. Simmer for 5 minutes. If fresh or frozen peas are used, cook all vegetables together, with sufficient water to cover.

Golden Potatoes

- | | |
|-----------------------------------|--|
| 4 medium-sized potatoes | ⅓ cup crushed, dry, corn or wheat flakes |
| 3 tbs. melted butter or margarine | ½ tsp. salt |

Boil potatoes in their jackets for 20 to 30 minutes, or until almost tender. Peel. Coat each potato with melted butter and roll in corn flakes. Sprinkle with salt. Place on greased baking sheet and bake in very hot oven (500° F) for 20 to 30 minutes, or until potatoes are golden brown. (Serves 4.)

New Potatoes with Chive Butter

- | | |
|----------------------------|---------------------|
| 3 lbs. small, new potatoes | 2 tbs. lemon juice |
| 4 tbs. butter or margarine | Grated rind 1 lemon |
| 1 tbs. chopped chives | Pepper to taste |
| 1 tsp. salt | Pinch of nutmeg |

Wash potatoes and cook in boiling water until tender. Drain, dry, and peel. Melt butter, add remaining ingredients, and pour over hot potatoes. Mix and toss until potatoes are completely coated. Serve at once.

Potato Pancakes

- | | |
|-----------------------------------|----------------------|
| 4 peeled and grated, raw potatoes | 2 eggs, separated |
| 1 grated onion | 4 tbs. flour |
| 2 sprigs parsley, minced | 1 tsp. baking powder |
| ⅛ tsp. pepper | 1 tsp. salt. |

Mix potatoes, onion, and parsley. Add beaten egg yolks. Mix together flour, baking powder, and seasonings and add to potatoes. Beat egg whites until stiff and fold into mixture. Heat and grease griddle. Drop mixture by spoonfuls and fry until golden brown.

Ginger-Stuffed Sweet Potatoes

- | | |
|-------------------------------|--------------------------|
| 3 large, baked sweet potatoes | 1/4 cup cream |
| | Salt and pepper to taste |
| 1/3 cup butter or margarine | 1/2 tsp. ginger |

Split sweet potatoes in half lengthwise and scoop out pulp. Beat pulp with butter, cream, seasonings, and ginger. Refill potato shells and brown under broiler.

Sweet-Potato and Pineapple Soufflé

- | | |
|-----------------------------------|-----------------------------------|
| 3 cups hot, mashed sweet potatoes | 1/2 tsp. grated lemon rind |
| | 2 eggs, separated |
| 3 tbs. butter or shortening | 3/4 cup canned, crushed pineapple |
| 1/2 tsp. salt | |

While sweet potatoes are still hot, beat in butter, salt, beaten egg yolks, and lemon rind. Beat until light and fluffy. Fold in pineapple, which has been well drained. Cool mixture, then add stiffly beaten egg whites. Bake in well-greased baking dish at 350° F for 40 minutes. Serve hot.

Green Rice

- | | |
|------------------------------------|--|
| 2 cups cooked rice | 1 cup minced parsley |
| 1/2 cup grated, sharp cheese | 1 cup chopped celery |
| 1/2 cup melted butter or margarine | 2 eggs, yolks and whites beaten separately |
| 2 tbs. chopped onion | |

Combine foregoing ingredients, folding in stiffly beaten egg whites last. Bake for 1 hour in greased casserole or baking dish. Serve with mushrooms à la king.*

Spinach Balls

- | | |
|-----------------------------------|-------------------------|
| 3 cups chopped, cooked spinach | 1 egg, well beaten |
| | 1 cup fine bread crumbs |
| 2 tbs. melted butter or margarine | 1 tsp. salt |
| | 2 tbs. grated cheese |
| 2 tbs. grated onion | Dash of paprika |

Combine all ingredients, blending thoroughly. Allow to stand until cold. Shape into balls and roll in additional bread crumbs. Dip in egg beaten with a little water and roll again in bread crumbs. Fry in deep, hot fat until golden brown. Serve very hot.

Spinach and Cottage-Cheese Dumplings

- | | |
|--------------------------------|------------------------------------|
| 3 cups chopped, cooked spinach | 3 egg yolks, well beaten |
| | 2 qts. boiling water |
| 3 tbs. butter or margarine | 1 cup grated Parmesan cheese |
| 1 tsp. salt | |
| 1 1/4 cups cottage cheese | 1/4 cup melted butter or margarine |
| 2 tbs. flour | |

Dash of pepper and nutmeg

Drain spinach thoroughly. Combine with 3 tablespoons butter, cottage cheese, flour, seasonings, and beaten egg yolks. Chill mixture until cold. Form into balls size of walnuts. Roll in additional flour, then drop into rapidly boiling water. As soon as dumplings rise to top, remove with slotted spoon and drain. Serve with 1/4 cup melted butter and cheese. (Yields 1 1/2 dozen.)

Spanish Squash

- | | |
|-------------------------------|-------------------------------|
| 1 medium-sized squash | 2 cups canned tomatoes |
| 1 medium-sized onion, chopped | 1 cup grated American cheese |
| 1 tsp. salt | 1/2 cup buttered bread crumbs |
| 2 tbs. shortening | |
| | 1 tsp. sugar |

Wash squash but do not peel if it is young and tender. Remove seeds, cut squash into cubes, and steam until almost tender. Drain. Sauté onion in shortening; add

* Recipe given

salt, sugar, and tomatoes. Arrange layer of squash in greased baking dish. Then add layer of tomato mixture and sprinkle with cheese. Continue until all ingredients are used. Cover with buttered crumbs. Bake in hot oven (400° F) for about 20 minutes, or until nicely browned.

Scalloped Zucchini

4 medium-sized zucchini	1 clove garlic
2 tbs. olive oil	1/2 tsp. salt
1 sliced onion	1/2 cup bread crumbs
2 cups canned tomatoes	1/8 tsp. pepper
1/2 cup grated cheese	

Wash and cut zucchini into inch squares. Brown onion in olive oil. Add garlic and cook for 5 minutes. Remove and discard garlic. Mix onion with zucchini, bread crumbs, tomatoes, salt, and pepper. Pour into greased baking dish. Sprinkle with cheese. Cover and bake in moderate oven (350° F) for 50 minutes. Remove cover and bake until browned.

Broiled Tomatoes

Choose firm, round, ripe tomatoes. Wash, remove stems, and cut into slices 3/4 inch thick. Dust each slice with salt and pepper. Place on baking sheet and broil until tender. Turn once, carefully. Serve with melted butter or margarine on each slice.



Table of Dietary Constituents

REQUIRED ELEMENT	USES	SOURCES
CALCIUM	Builds teeth and bones, a component of muscle and nerve tissues and of body fluids	Vegetables, eggs, milk, cheese, nuts
CARBOHYDRATES	Supply energy	Cane sugar, vegetables, cereals,
CELLULOSE	Assists in the normal functioning of the intestines	Whole-grain cereals, vegetables, fruits
FATS	Supply energy and give staying power to meals	Cream, butter, cheese, olives, nuts, and vegetable oils
IODINE	Makes up part of the thyroid gland, which governs the body's use of energy	Iodized table salt, cabbage, garlic, leeks, asparagus, pineapple, strawberries, and cranberries
IRON	Enables the blood to carry oxygen	Green vegetables, dried fruits and vegetables, eggs, whole-grain bread and cereals.
NIACIN	Helps the body to burn foods	Green, leafy vegetables
PHOSPHOROUS	With calcium, it works to build bones and teeth and aids in preventing blood from becoming acid	Same as calcium, also fruits and whole-grain cereals
PROTEINS	Build and repair tissues, supply energy, and help indirectly the regulation of body processes	Milk, eggs, dried legumes, cheese, nuts
VITAMIN A	Builds up resistance to infection, prevents night blindness	Butter, milk, eggs, green and yellow fruits and vegetables
VITAMIN B1 (Thiamine)	Necessary for normal growth and digestion	Whole-grain bread and cereals, dried peas and beans
VITAMIN B2 (Riboflavin)	Necessary for normal growth and for the reduction of oxygen	Green, leafy vegetables, milk, cheese, and eggs
VITAMIN C (Ascorbic acid)	Important to teeth, blood vessels, and bones and to the processes of oxidation and reduction	Citrus fruits, green, leafy vegetables, tomatoes
VITAMIN D	Necessary in the development and care of healthy teeth and bones	Eggs, butter, cream, milk
WATER	Necessary constituent of all body tissues	

Common salt and the other mineral substances, also essential to the daily diet, are undoubtedly present in a diet that includes adequate amounts of iron, calcium, and iodine.

The seven basic food groups necessary to a well-balanced diet are:

1. Leafy, green, and yellow vegetables (1 or more servings daily).
2. Citrus fruit, tomatoes, raw cabbage (1 or more servings daily).
3. Potatoes (1 or more servings daily).
4. Milk (3 or more cups daily). Some of this requirement may be replaced by milk products such as cheese or ice cream. One and one-half ounces of American cheese or 4 or 5 ounces of cottage cheese may replace 1 cupful of milk.
5. Eggs (4 to 6 per week per person).
Dried beans, peas, nuts (2 or more servings a week).
6. Bread (White) 2 slices daily.
(Graham or whole wheat) 2 slices daily. All bread used may be whole wheat or graham.
Flour (About 2 level tablespoons before cooking). This is the daily requirement and allows for flour used in thickening or in cakes or cookies.
Cereal (1 medium serving daily) as a breakfast cereal.
7. Fat 3 1/2 ounces (about 4 1/2 to 5 level tablespoons) daily. Includes butter, margarine, fat used in cooking, thick cream, and salad dressings. There are many sources of vegetable fat, chief of which are corn, cottonseed, olives, peanuts, and coconuts.

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Frozen, fruit - - - - -	117	Strawberry, with cheese - - - - -	121
Tomato cream - - - - -	121	Tomato, frozen cream - - - - -	121
Fruit, and date - - - - -	117	Waldorf, cantaloupe - - - - -	121
Frozen - - - - -	117	Water cress, and egg - - - - -	117

SANDWICH FILLINGS

Avocado - - - - -	125	Roquefort - - - - -	126
Cheese, cottage - - - - -	125	Peanut Butter - - - - -	126
Cream - - - - -	125	Prune nut - - - - -	127
Grated - - - - -	126	Vegetable - - - - -	127

SAUCES

Barbecue - - - - -	108	Horseradish - - - - -	110
Brown - - - - -	108	Mushroom - - - - -	110
Cheese - - - - -	109	Spanish - - - - -	110
Chestnut - - - - -	109	Tomato - - - - -	111
Creole - - - - -	109	White - - - - -	111
Hollandaise - - - - -	110		

SOUPS

Barley - - - - -	131	Cheese - - - - -	131
Celery, cream-of- - - - -	131	Corn, chowder - - - - -	132

Cream-of- - - - -	132	Pea - - - - -	134
Lima-bean - - - - -	132	Salsify (oyster-plant) - - - - -	133
Cream-of- - - - -	133	Spinach, cream-of- - - - -	134
Mushroom, cream-of- - - - -	133	Vegetable, broth - - - - -	134
Oyster-plant (salsify) - - - - -	133	Unity Inn - - - - -	135

VEGETABLES

Beans, green with mustard - - - - -	139	French fried rings - - - - -	145
Lima in tomato sauce - - - - -	139	Parsnip(s), croquettes - - - - -	146
String in tomato sauce - - - - -	139	Scalloped with cheese - - - - -	146
Beets, in orange sauce - - - - -	140	Peas, Plymouth - - - - -	146
Stuffed - - - - -	140	Potato(es), golden - - - - -	147
Cabbage, baked with cheese - - - - -	140	New, with chive butter - - - - -	147
Norwegian creamed - - - - -	141	Pancakes - - - - -	147
Carrots, au gratin - - - - -	141	Sweet, ginger-stuffed - - - - -	148
French fried - - - - -	141	Sweet, with pineapple, soufflé - - - - -	148
Spiced - - - - -	141	Rice, green - - - - -	148
and squash - - - - -	142	with okra and tomatoes - - - - -	144
Cauliflower, Italian - - - - -	142	Spinach, balls - - - - -	148
Corn, oysters - - - - -	142	and cottage-cheese dumplings - - - - -	149
Scalloped with okra - - - - -	144	Squash, and carrots - - - - -	142
Eggplant, and okra - - - - -	143	Spanish - - - - -	149
Royal - - - - -	143	Zucchini, scalloped - - - - -	150
Hominy, fritters - - - - -	144	Tomatoes, broiled - - - - -	150
Okra, and eggplant - - - - -	143	with okra and rice - - - - -	144
with tomatoes and rice - - - - -	144		
Scalloped with corn - - - - -	144		
Onions, deviled - - - - -	145		

In addition to *Unity Vegetarian Cookbook*, the following books are published by Unity School of Christianity, an independent educational institution teaching the application of Christian principles to everyday life and affairs:

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